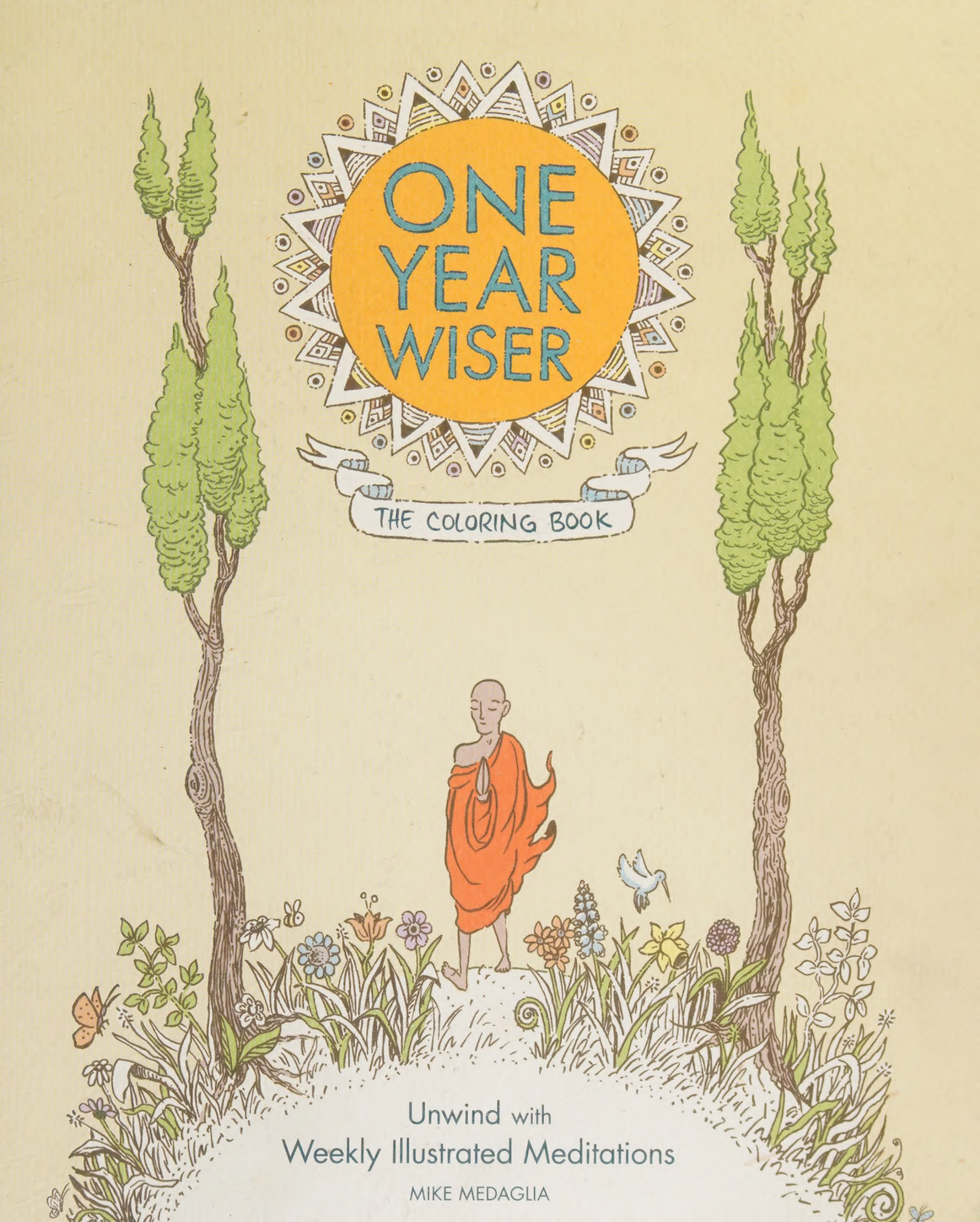




# ONE YEAR WISER

THE COLORING BOOK

Unwind with  
Weekly Illustrated Meditations

MIKE MEDAGLIA









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Illustrated by Mike Medaglia

Publishing Assistant: Guillaume Rater  
Sales & Marketing Manager: Sam Humphrey  
US Publicist: Maya Bradford  
Publishing Director: Emma Hayley  
Designer: Kate McLauchlan

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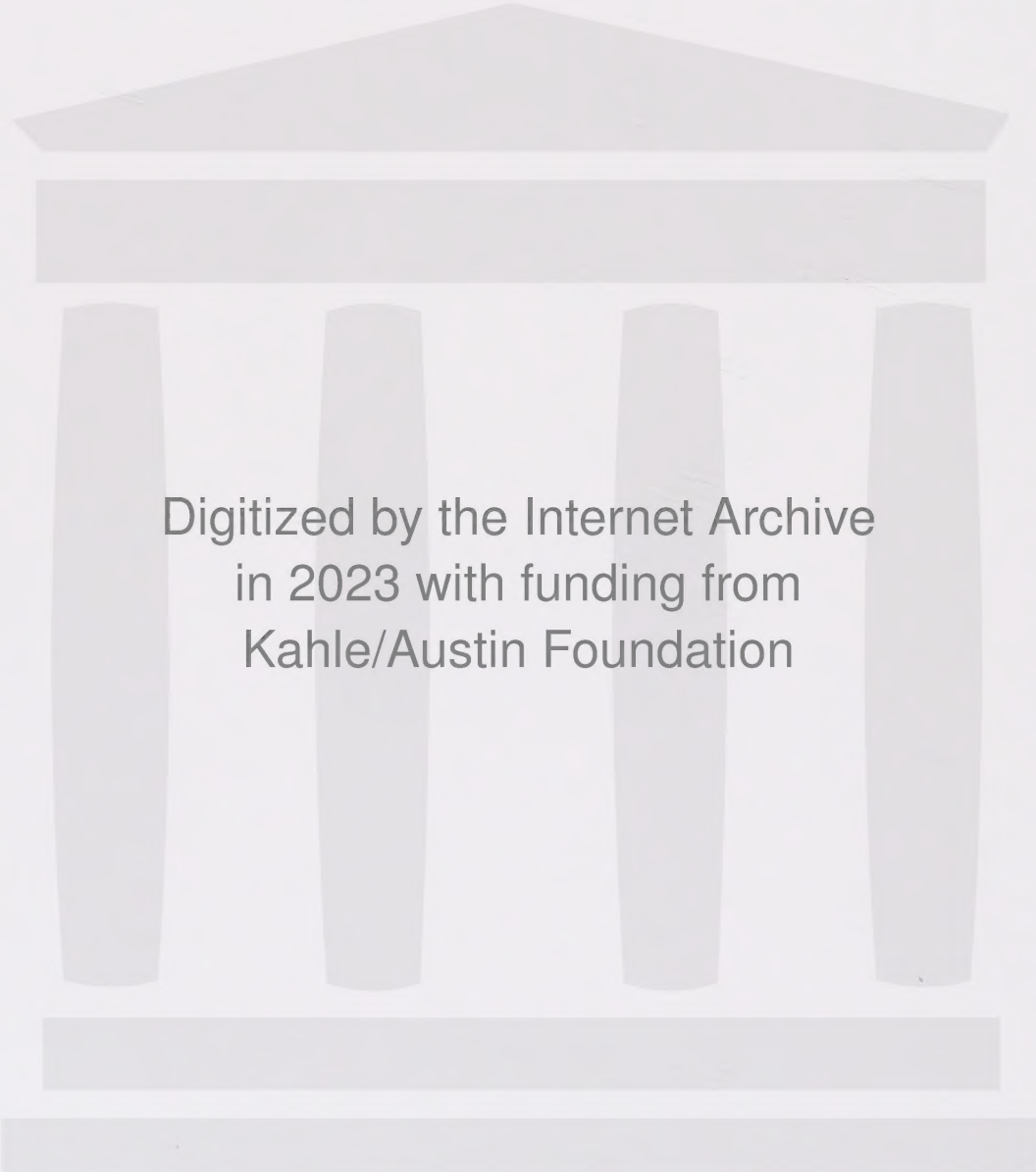
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Unwind with  
Weekly Illustrated Meditations

MIKE MEDAGLIA





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On their own, words and pictures can be a source of great change – both personally and for the world as a whole. But when brought together, they create a unique and powerful combination. With *One Year Wiser*, I wanted to create images that enhance the words of the great thinkers and doers quoted in this book, presenting their wisdom in a new way. The final element of this coloring book is left up to you: to add color to these pages and bring the ideas fully to life!

As an artist, my work reflects the world I'm living in, which is too often filled with cynicism, so I try to focus on hope and positivity. I created the images for this book as intuitively as possible, letting them manifest out of the words themselves. I have often found encouragement and comfort in aphorisms and inspirational quotes from wise and witty people. A well-crafted quotation can distill an idea, capturing its impact. This same approach can be applied to coloring. When you sit down to draw, take a deep breath. Focus on the image and the words, and just color the pages using whatever colors feel right. Take the time to relax. Unwind. Have fun! Experiment with different mediums and colors. You can use pencil crayons for a soft, blended look or markers for boldness – or even your old crayons for youthful exuberance. Use this as an opportunity to focus on the wonderful act of creation.

These pages were all drawn by hand. I use pencil to draw the images and then ink them using a Japanese brush pen. The quotes I chose all came from people who have inspired me and my work. I hope they in turn will now inspire you!

Mike Medaglia













DWELL



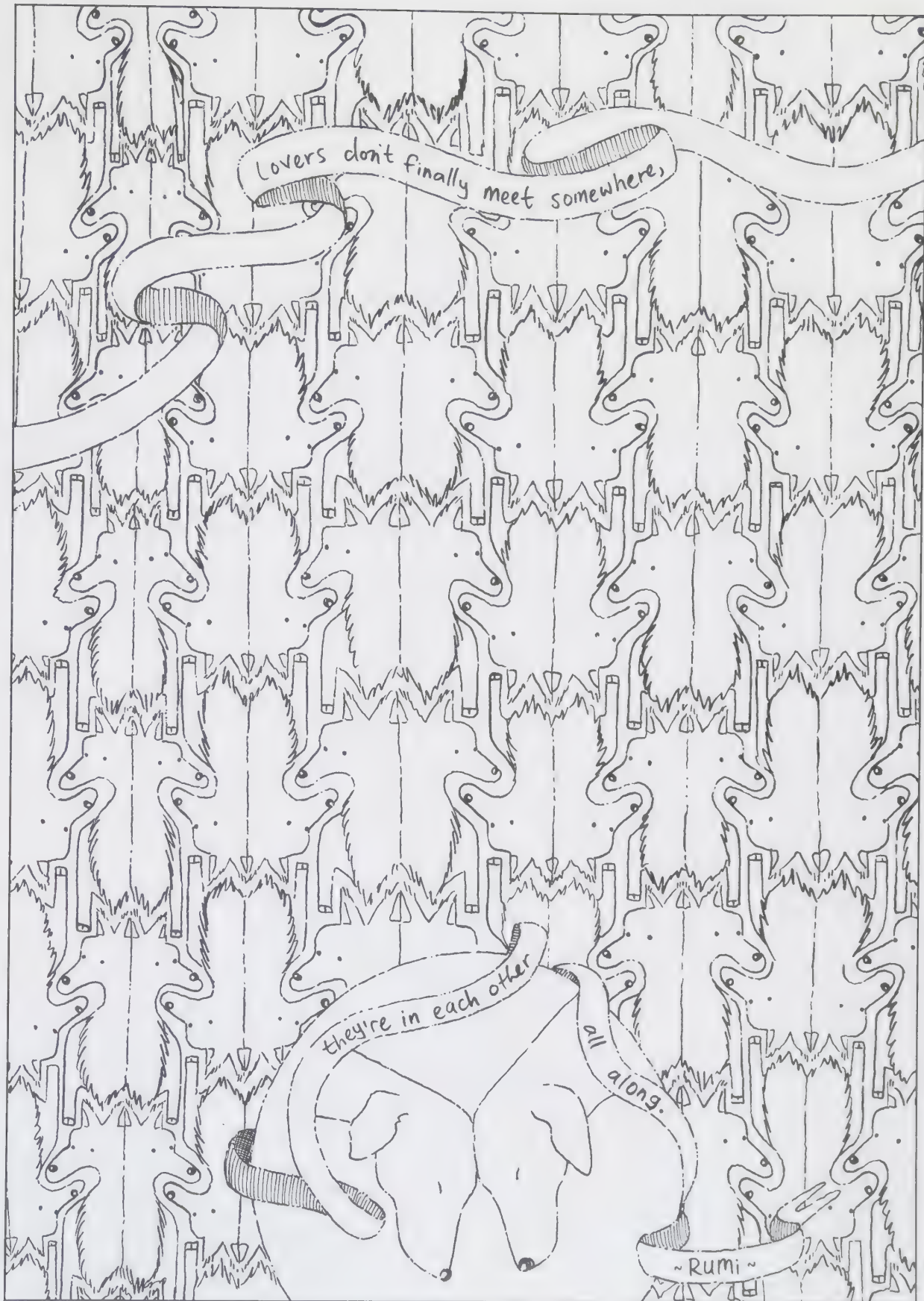
POSSIB

ILITY









Lovers don't finally meet somewhere,

they're in each other  
all along.

~ Rumi ~







Life must  
be rich and  
full of  
loving--

it's no  
good  
otherwise,

no good  
at all, for  
anyone.

JACK  
KEROUAC





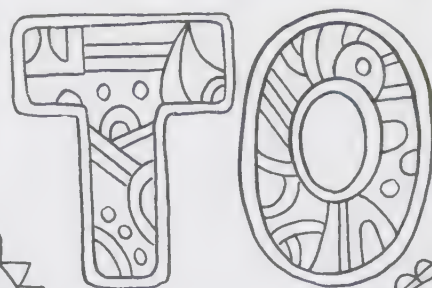
~The Bhagavad Gita~





INTELLIGENCE  
IS THE  
ABILITY

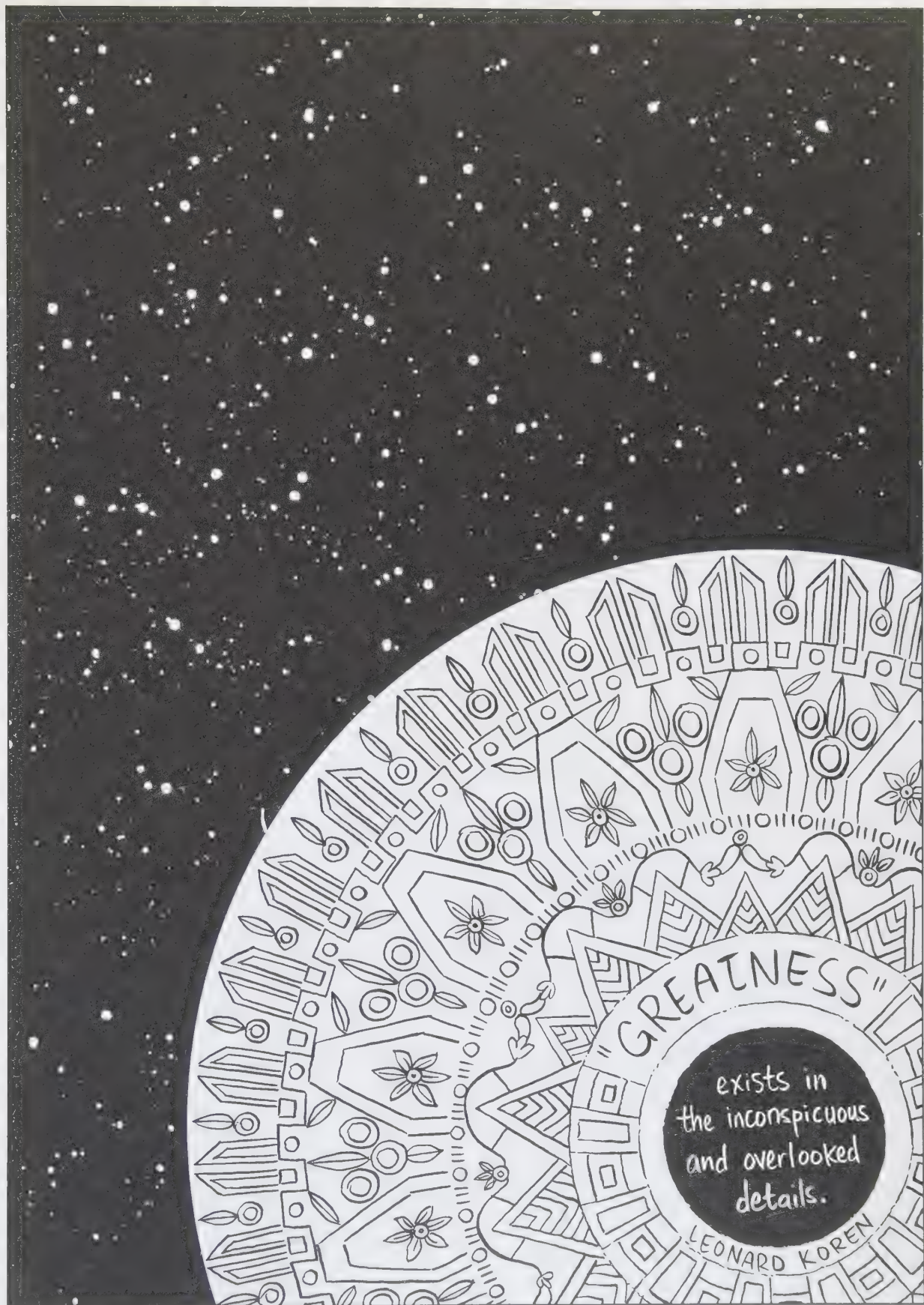
TO ADAPT



STEPHEN HAWKING



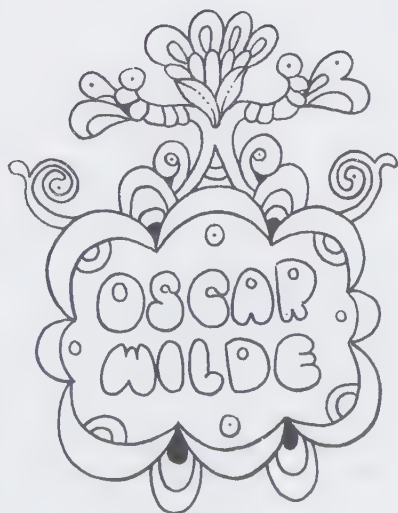






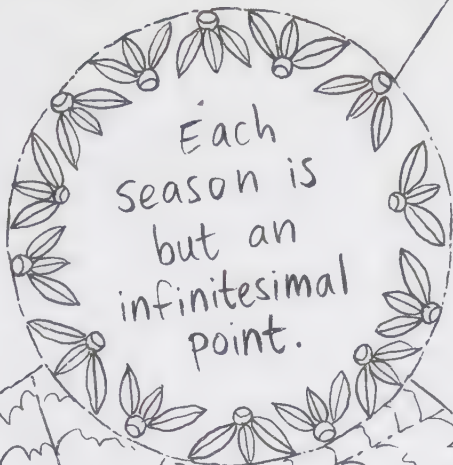
Generosity

is the  
essence  
of  
friendship.

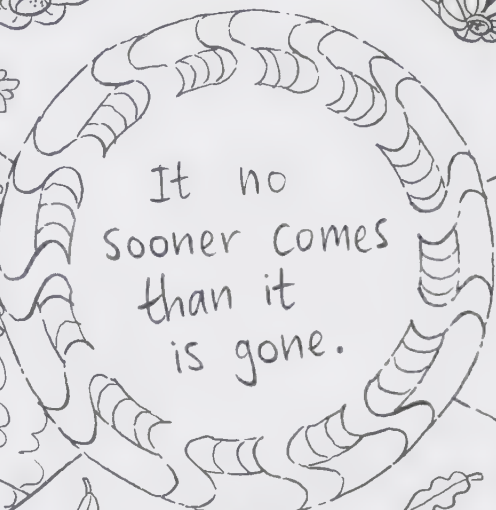




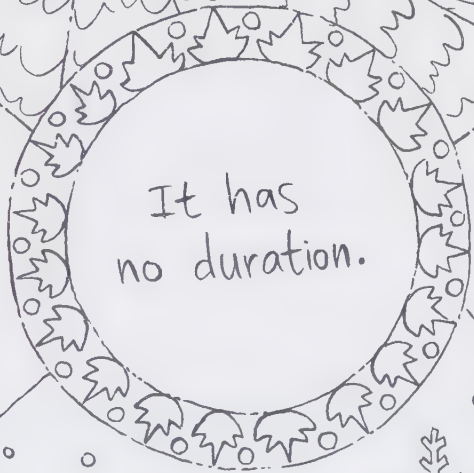




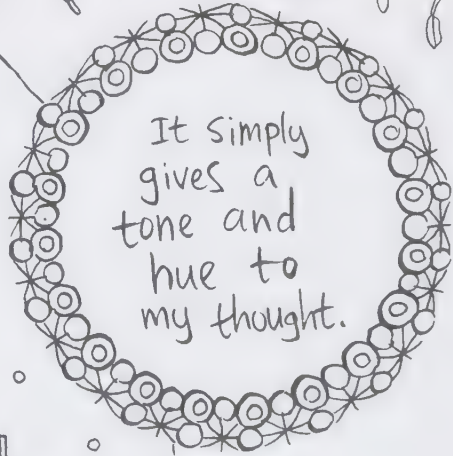
Each  
Season is  
but an  
infinitesimal  
point.



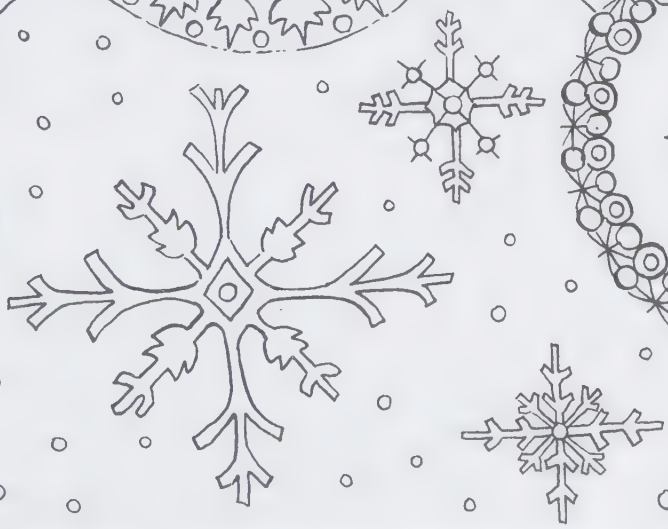
It no  
Sooner comes  
than it  
is gone.



It has  
no duration.



It simply  
gives a  
tone and  
hue to  
my thought.



HENRY DAVID THOREAU







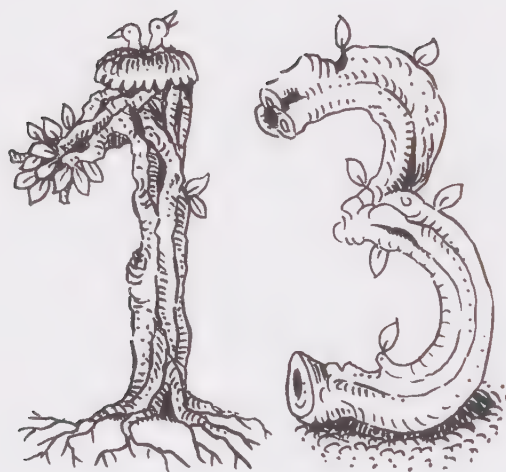
Those  
who dance  
are

considered insane

by those

who  
can't hear  
the music.

GEORGE CARLIN











you  
must be the  
change

you wish to  
see in the  
world.

MAHATMA GANDHI





SAIL AWAY  
FROM THE SAFE  
HARBOR.

CATCH THE

TRADE WINDS IN YOUR SAILS.

EXPLORE.

DREAM.

DISCOVER.

MARK TWAIN



There is no  
passion to be found  
in playing small - in  
settling for a life that is  
less than the one you  
are capable of living.

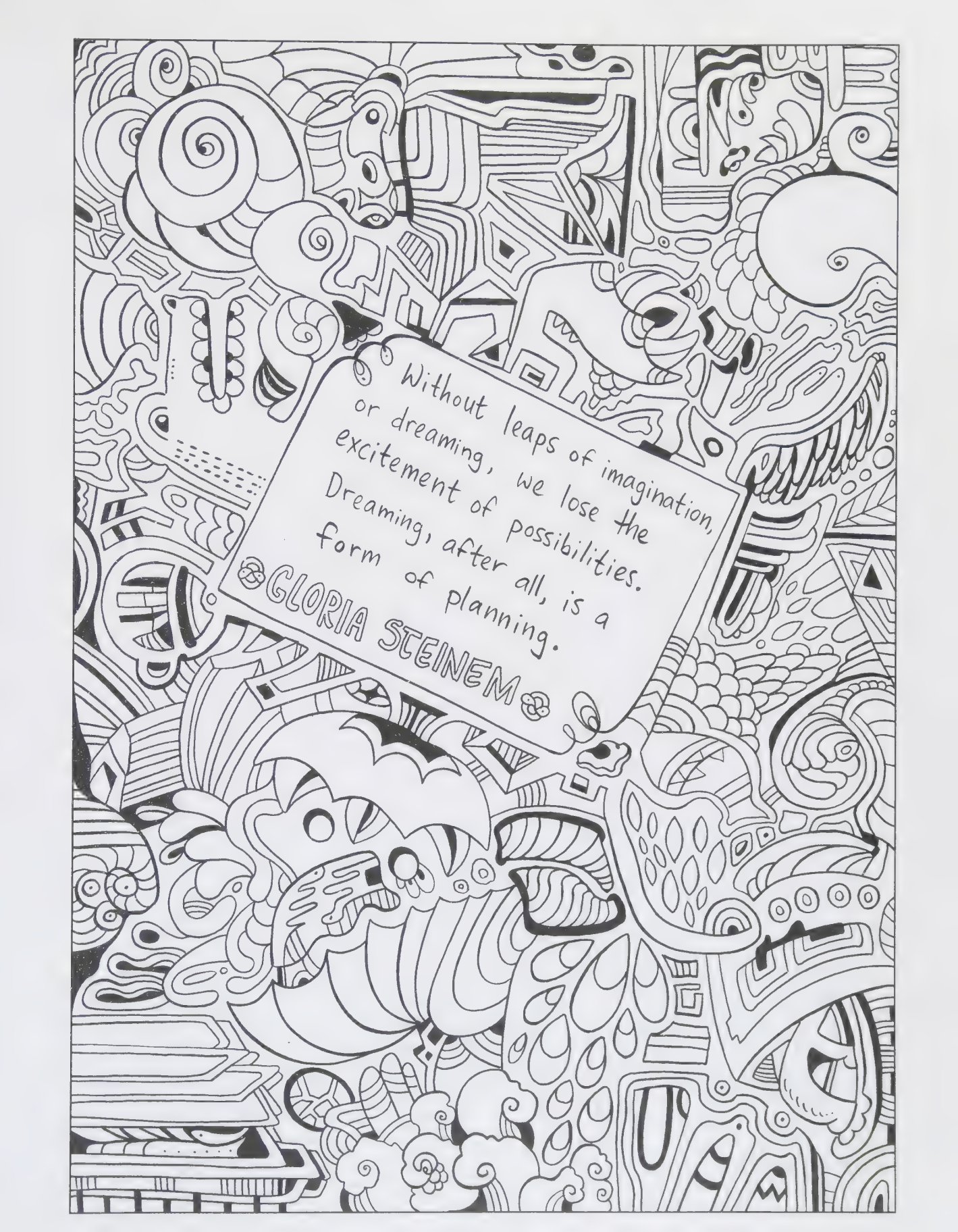


NELSON

MANDELA







Without leaps of imagination,  
or dreaming, we lose the  
excitement of possibilities.  
Dreaming, after all, is a  
form of planning.

©GLORIA STEINEM©



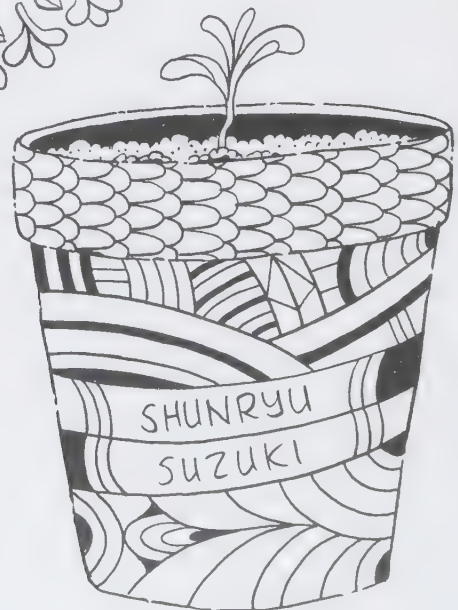
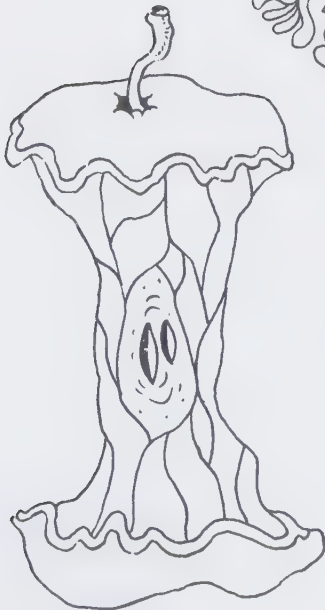
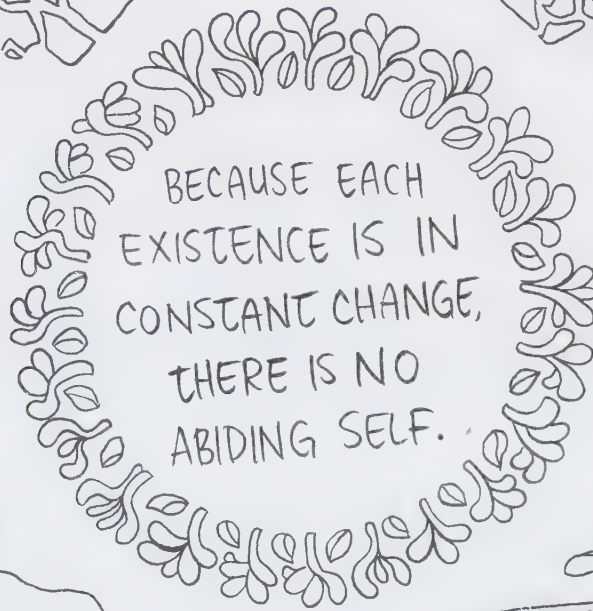
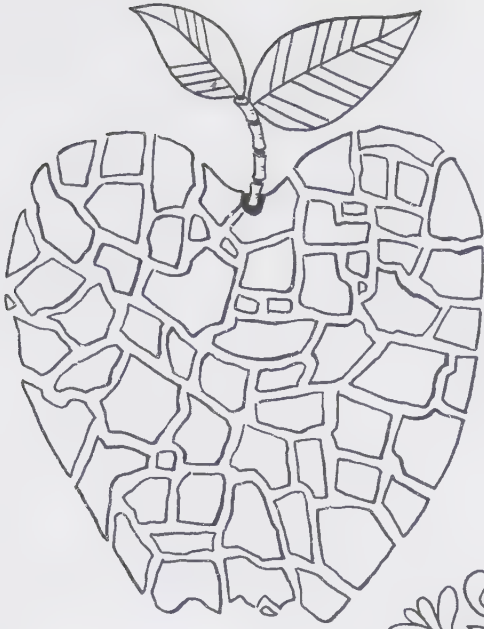


It is a thing  
it is infinite.  
loves,

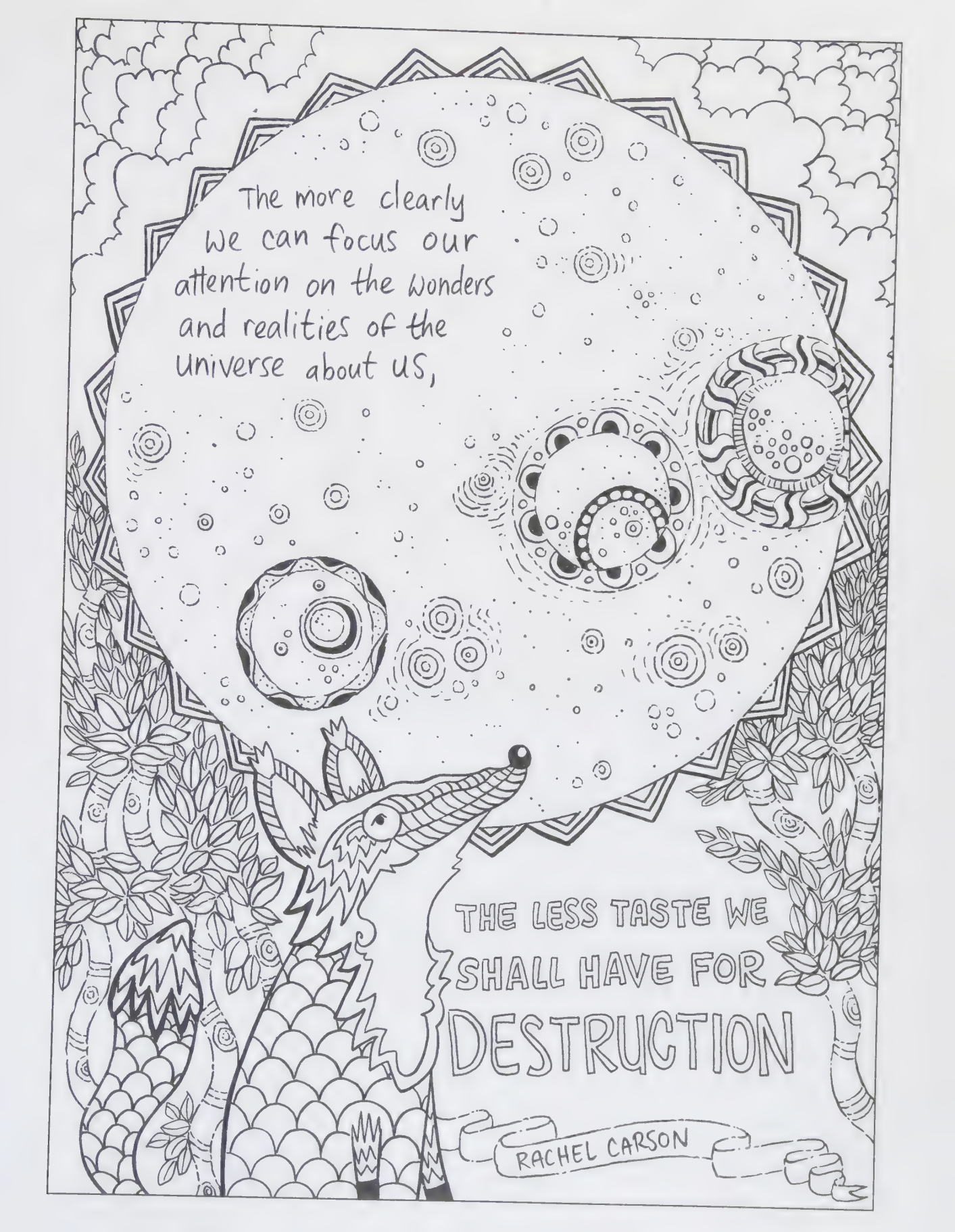












The more clearly  
We can focus our  
attention on the wonders  
and realities of the  
universe about us,

THE LESS TASTE WE  
SHALL HAVE FOR  
DESTRUCTION

RACHEL CARSON







The POETRY  
of EARTH  
is NEVER  
dead

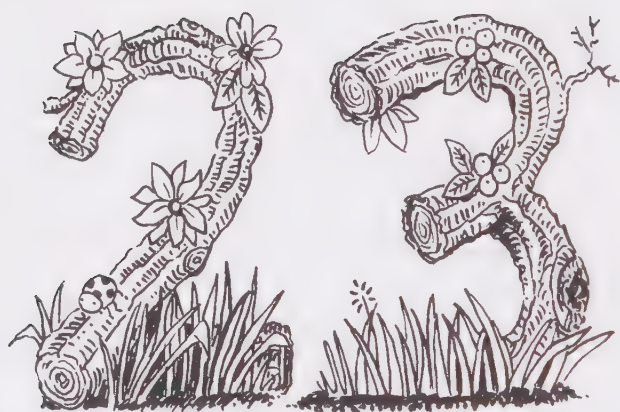
~ John Keats ~





Do what  
you can, with  
what you have,  
where you  
are.

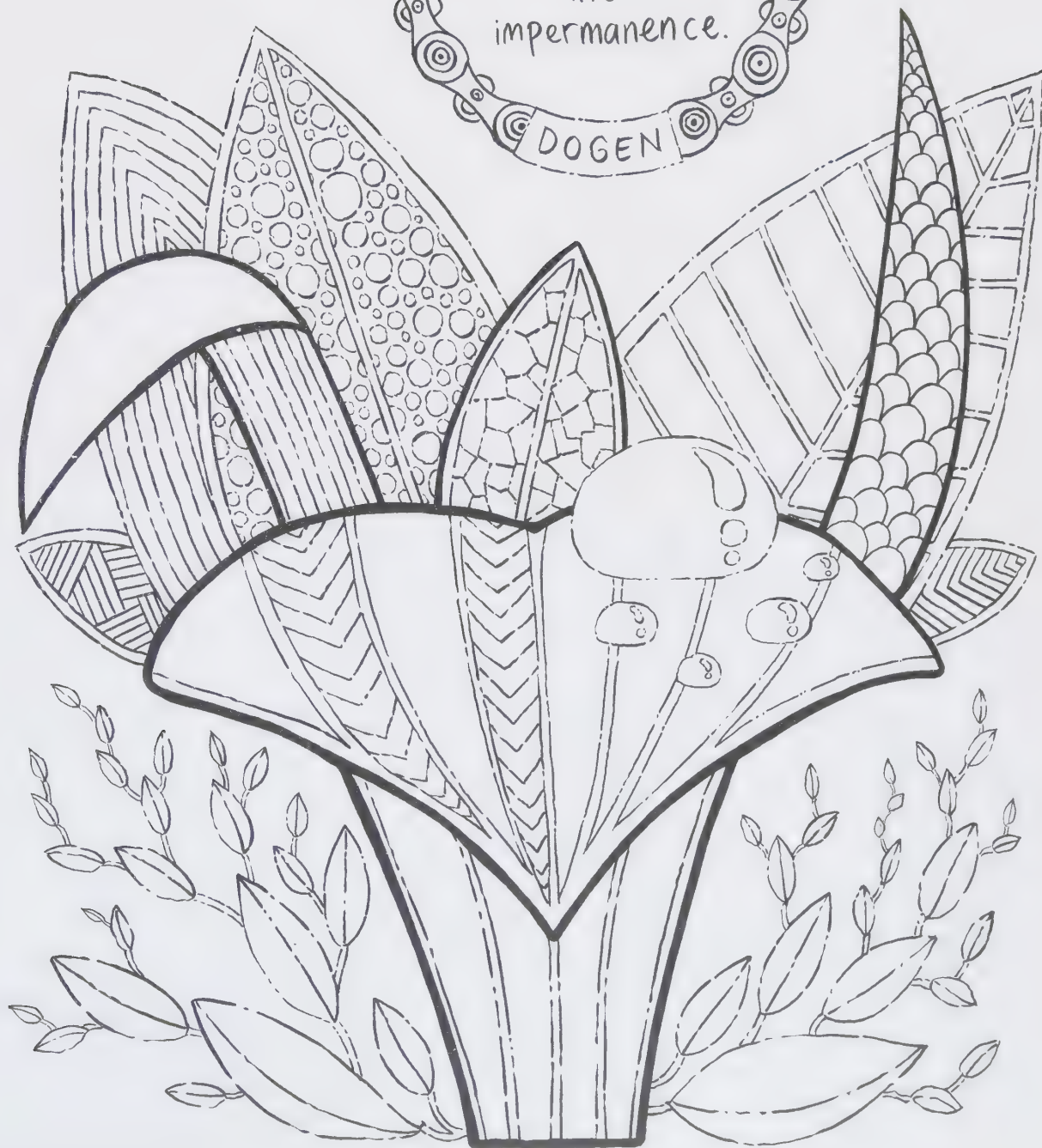
~ Theodore Roosevelt ~



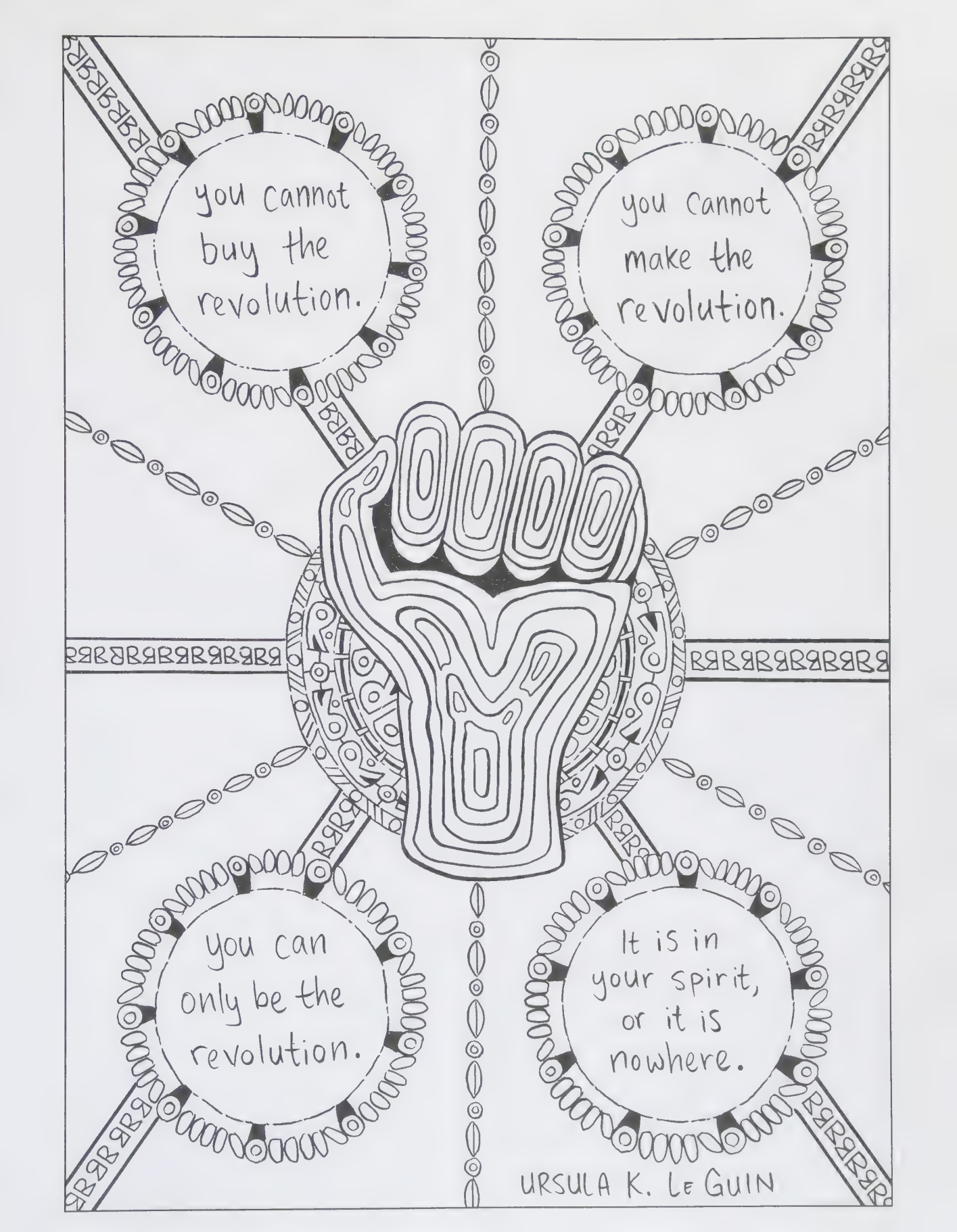


Enlightenment  
is the mind  
which sees  
into  
impermanence.

DOGEN







you cannot  
buy the  
revolution.

you cannot  
make the  
revolution.

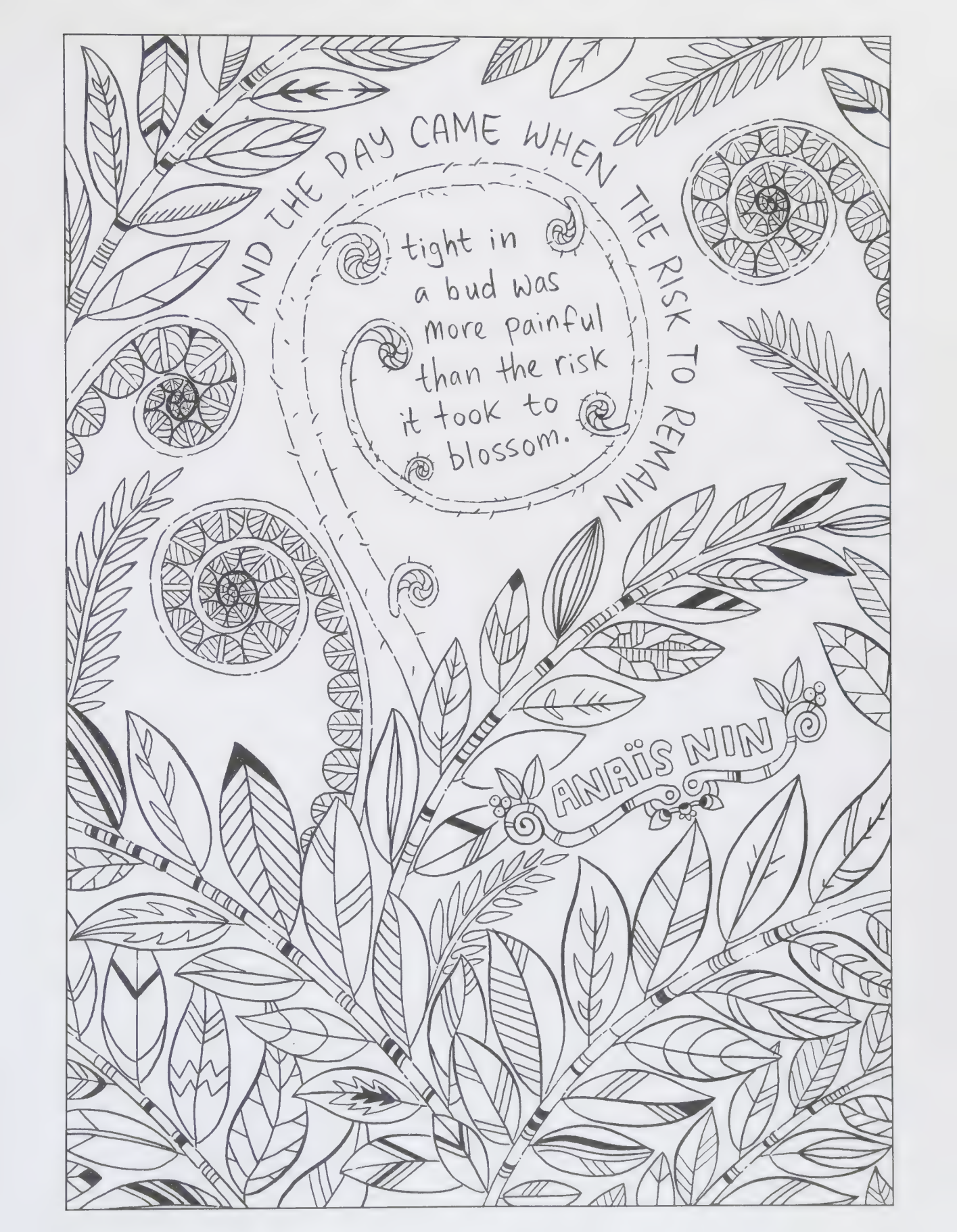
you can  
only be the  
revolution.

It is in  
your spirit,  
or it is  
nowhere.

URSULA K. LE GUIN







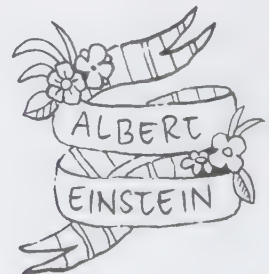
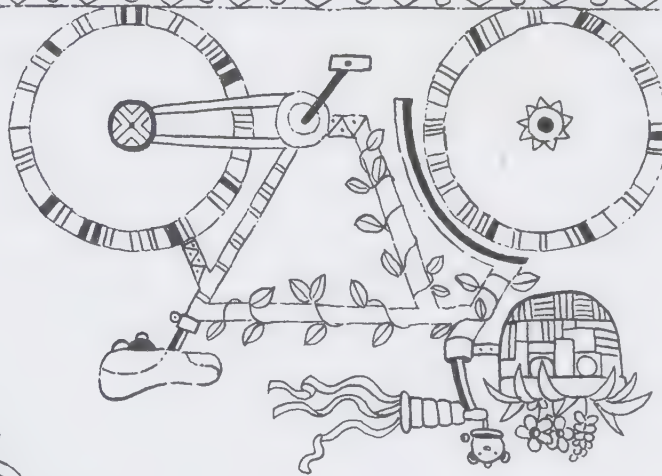
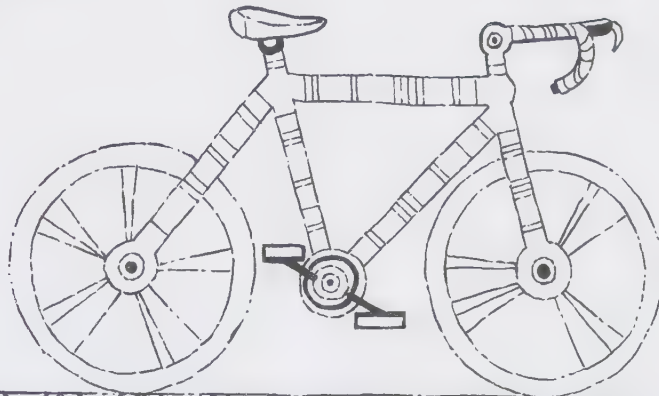
AND THE DAY CAME WHEN

tight in  
a bud was  
more painful  
than the risk  
it took to  
blossom.

THE RISK TO REMAIN

ANAÏS NIN







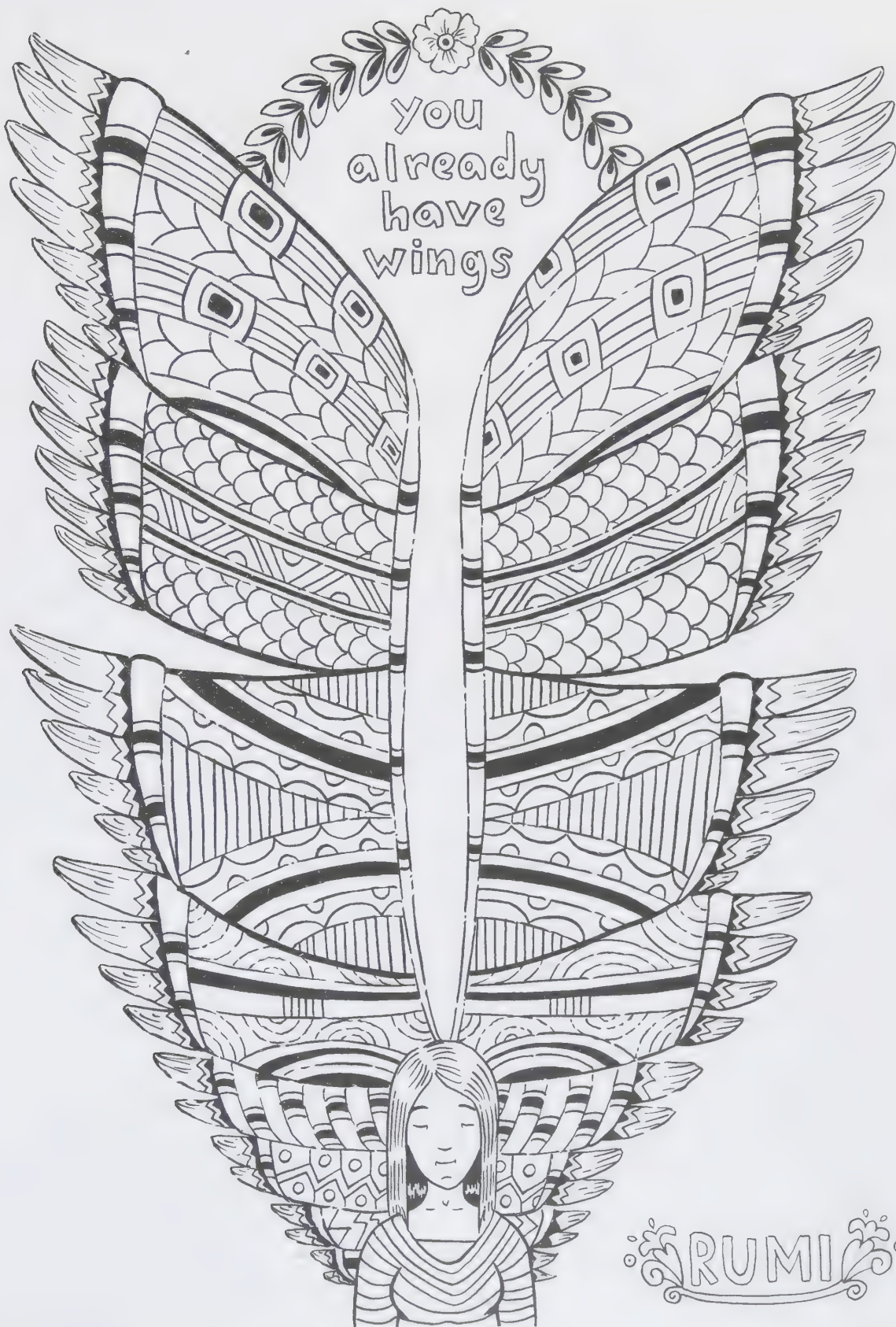




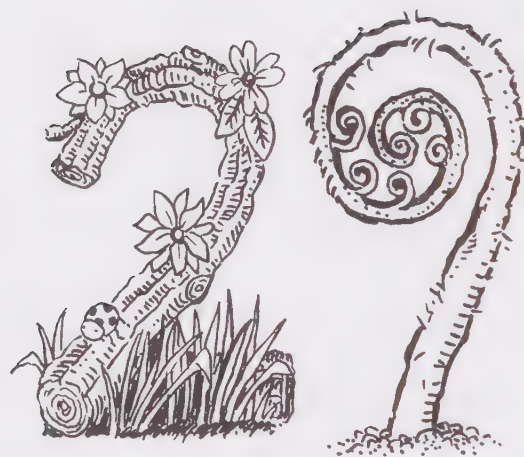
⊕ TO BE ALIVE IN THIS BEAUTIFUL, SELF-ORGANIZING UNIVERSE -- ⊕  
TO PARTICIPATE IN THE DANCE OF LIFE WITH SENSES TO PERCEIVE  
IT, LUNGS TO BREATHE IT, ORGANS THAT DRAW NOURISHMENT  
⊕ FROM IT -- IS A WONDER BEYOND WORDS. ⊕

JOANNA MACY





RUMI

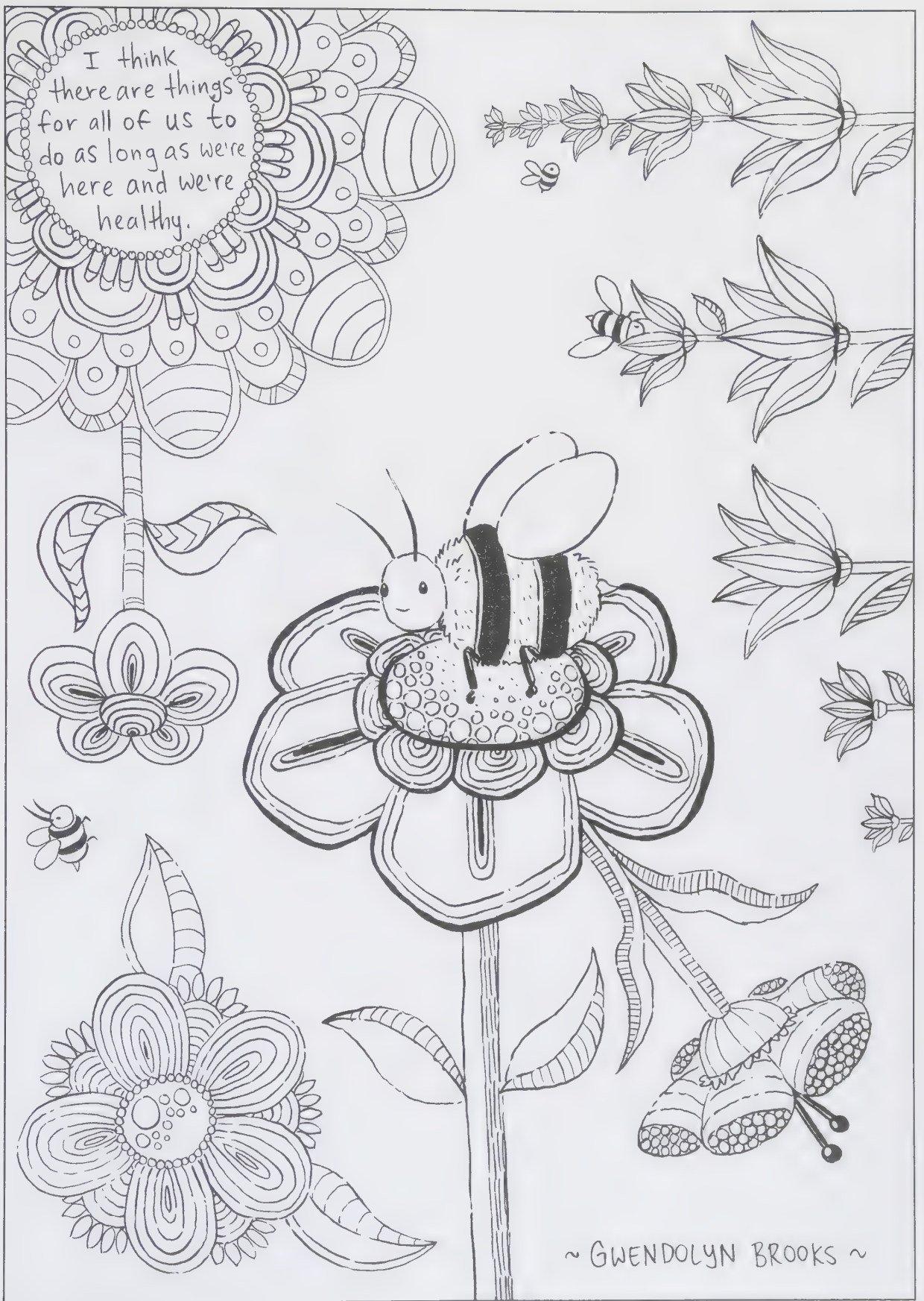




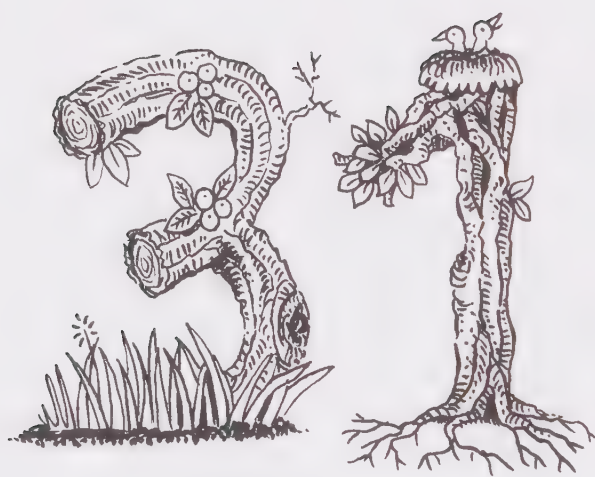




I think  
there are things  
for all of us to  
do as long as we're  
here and we're  
healthy.



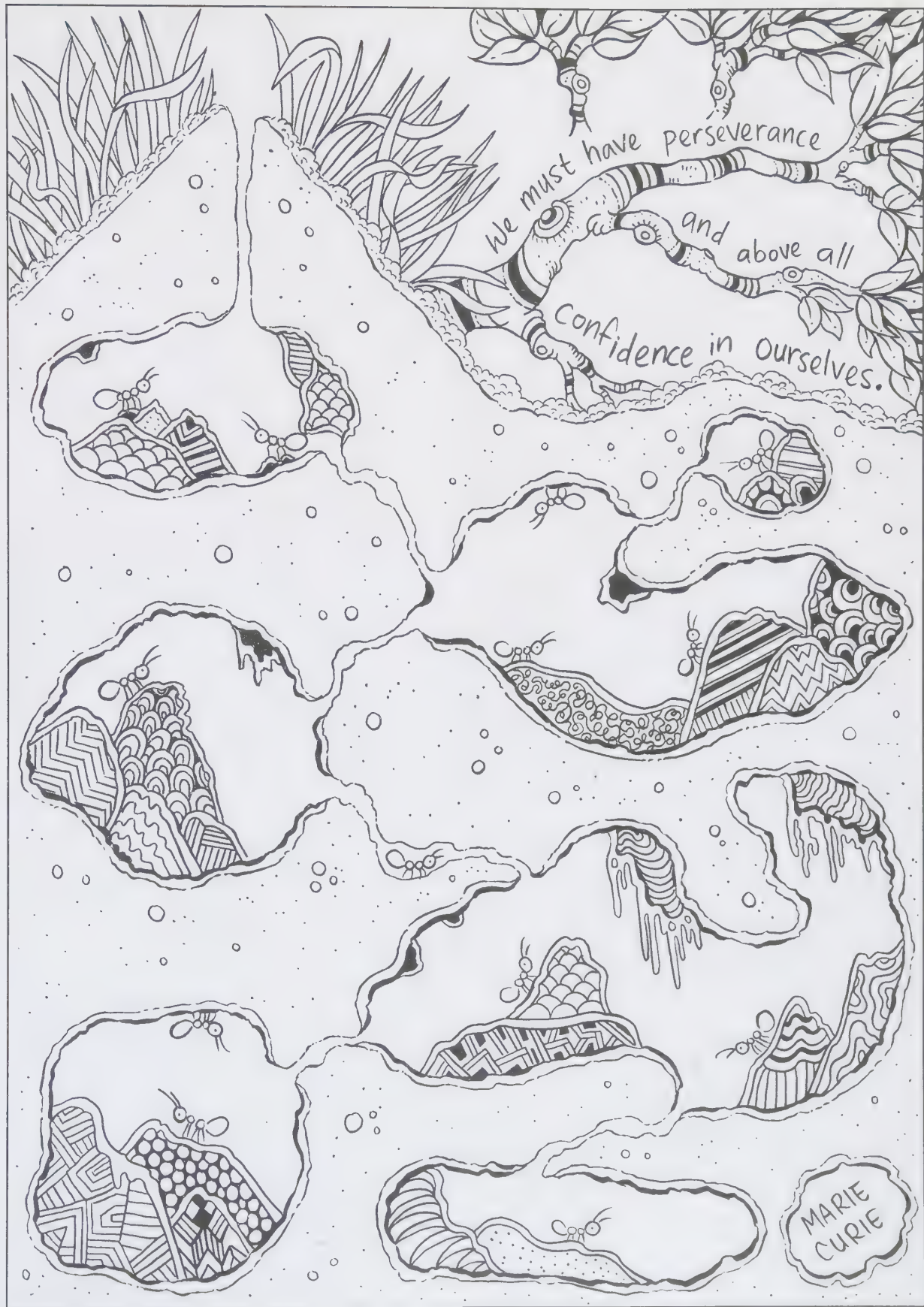
~ GWENDOLYN BROOKS ~



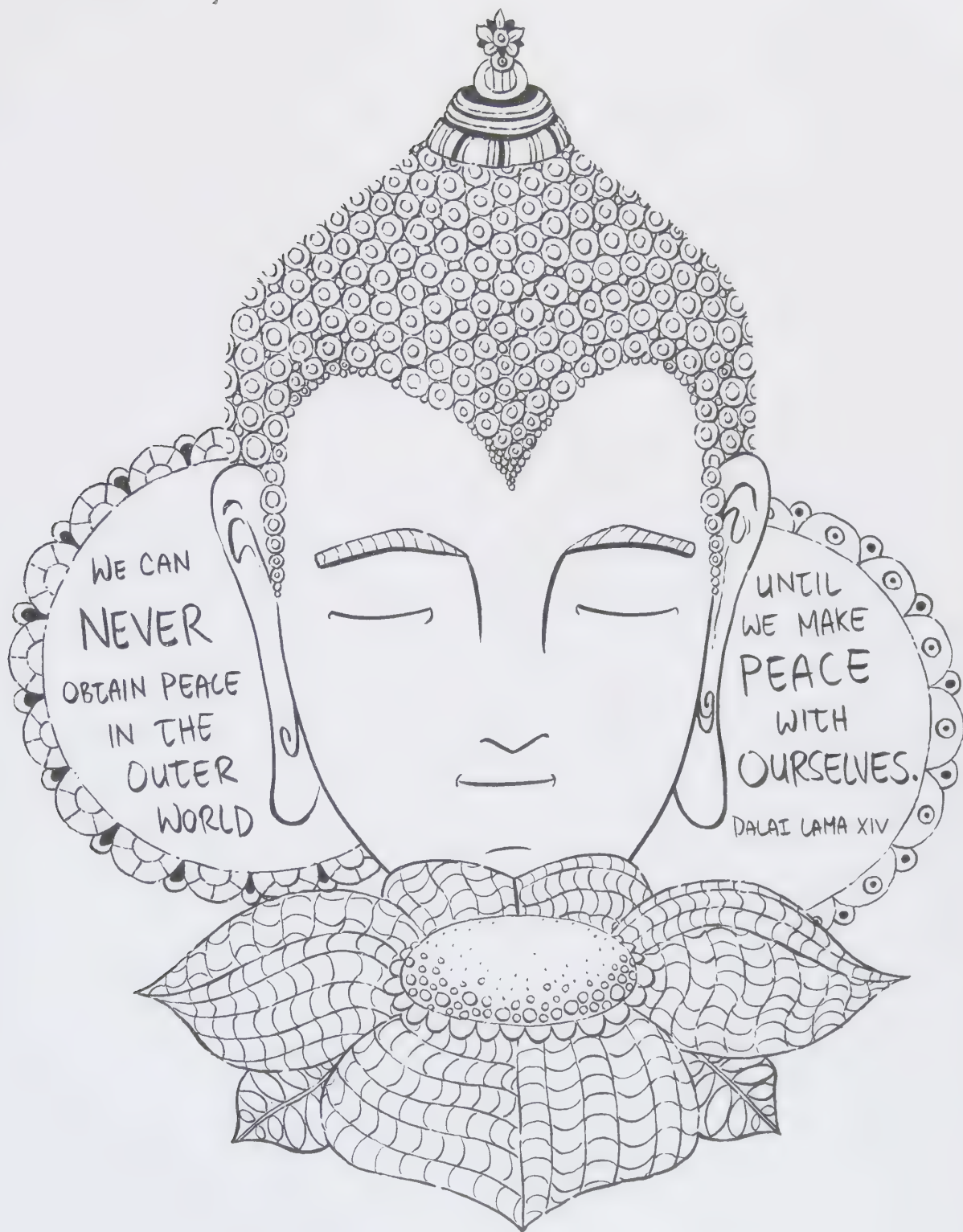


We must have perseverance  
and above all  
confidence in ourselves.

MARIE  
CURIE



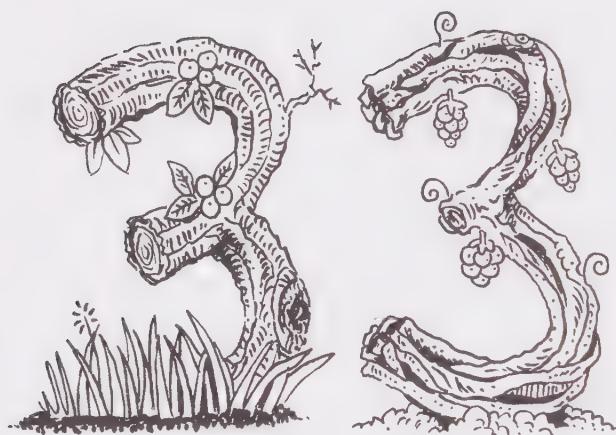




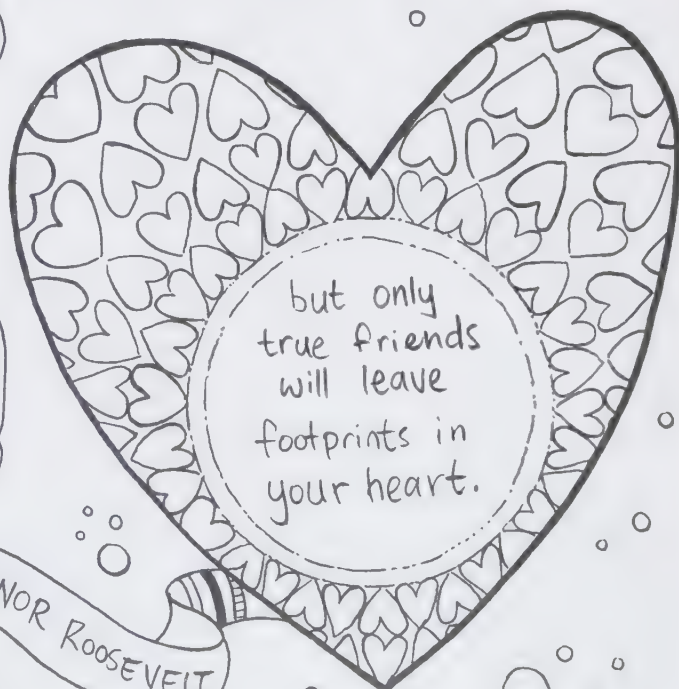
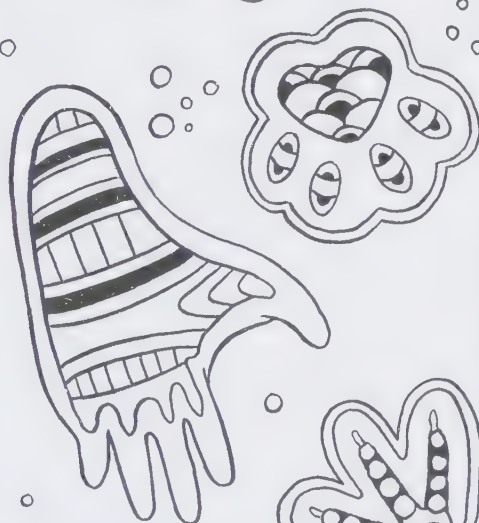
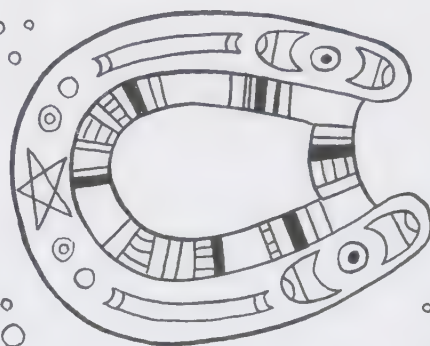
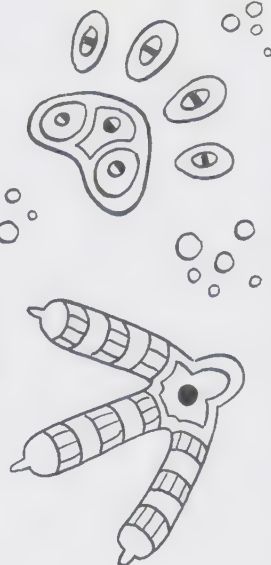
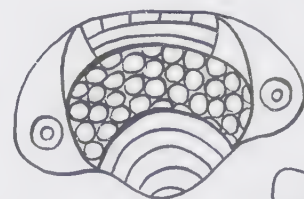
WE CAN  
NEVER  
OBTAIN PEACE  
IN THE  
OUTER  
WORLD

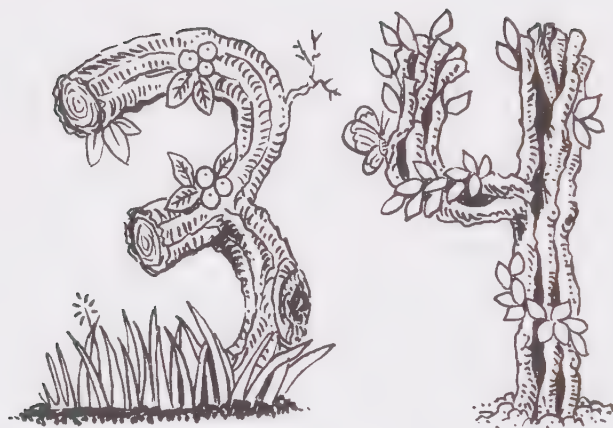
UNTIL  
WE MAKE  
PEACE  
WITH  
OURSELVES.

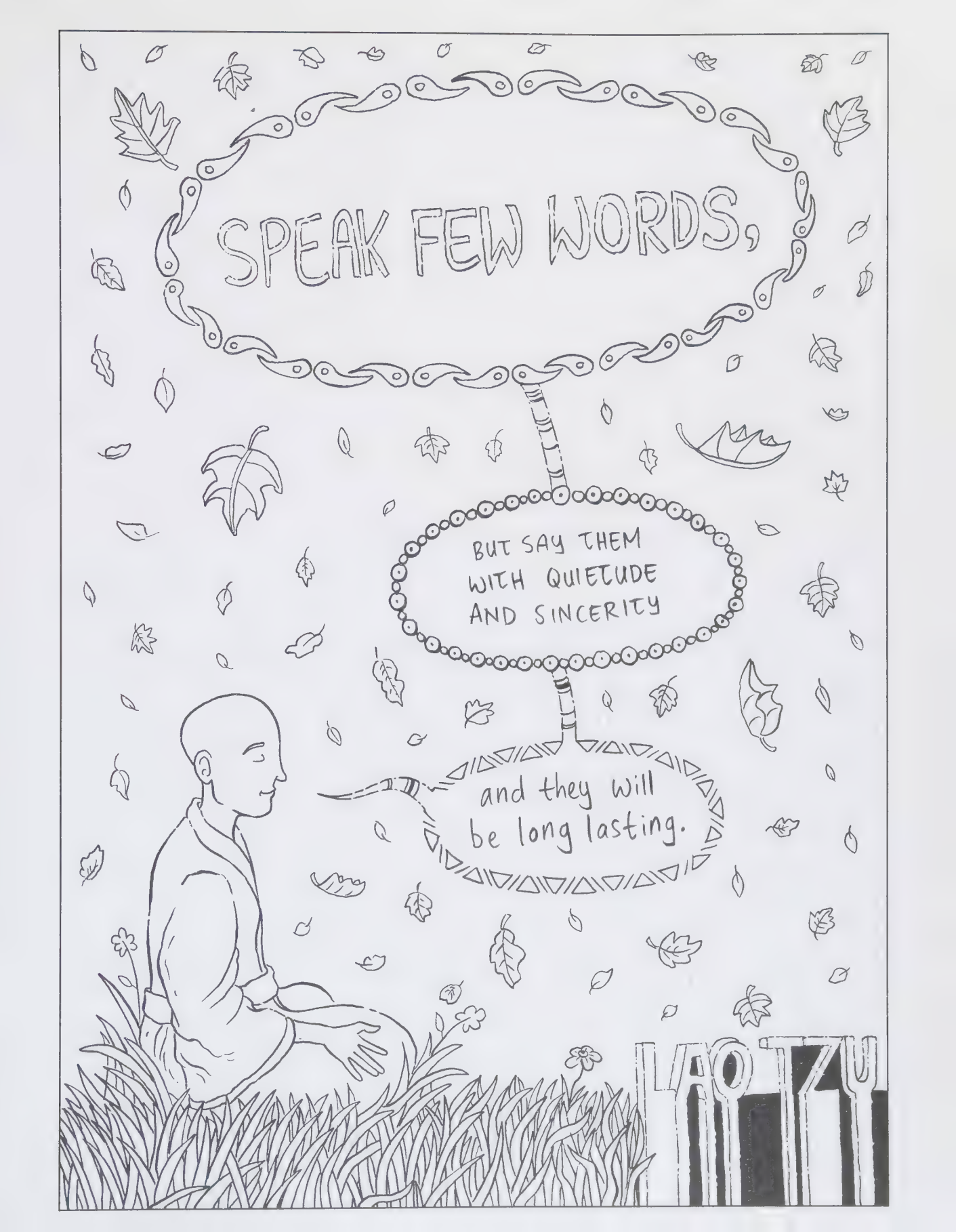
DALAI LAMA XIV









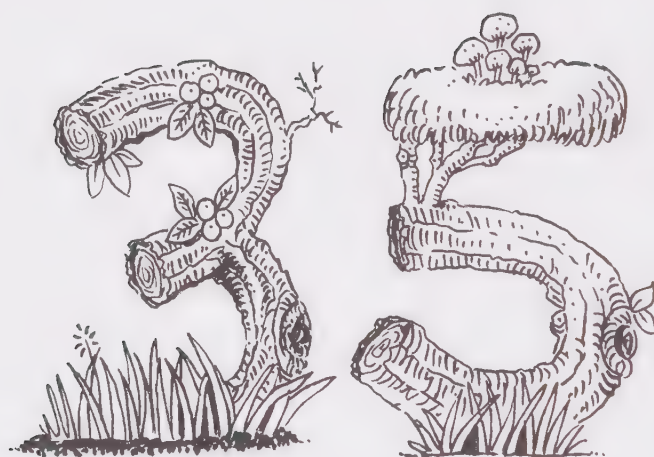


SPEAK FEW WORDS,

BUT SAY THEM  
WITH QUIETUDE  
AND SINCERITY

and they will  
be long lasting.

LAO TZU







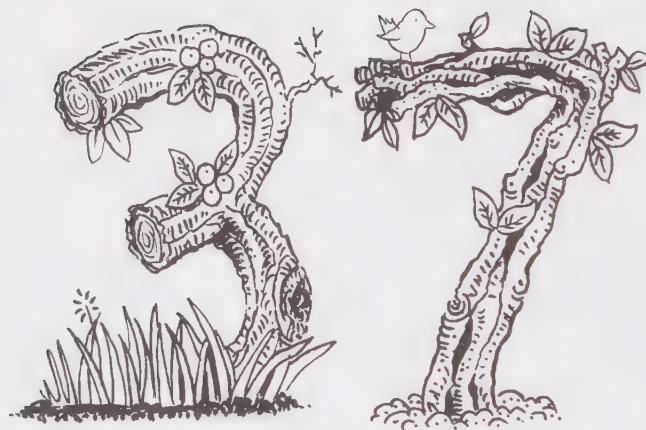




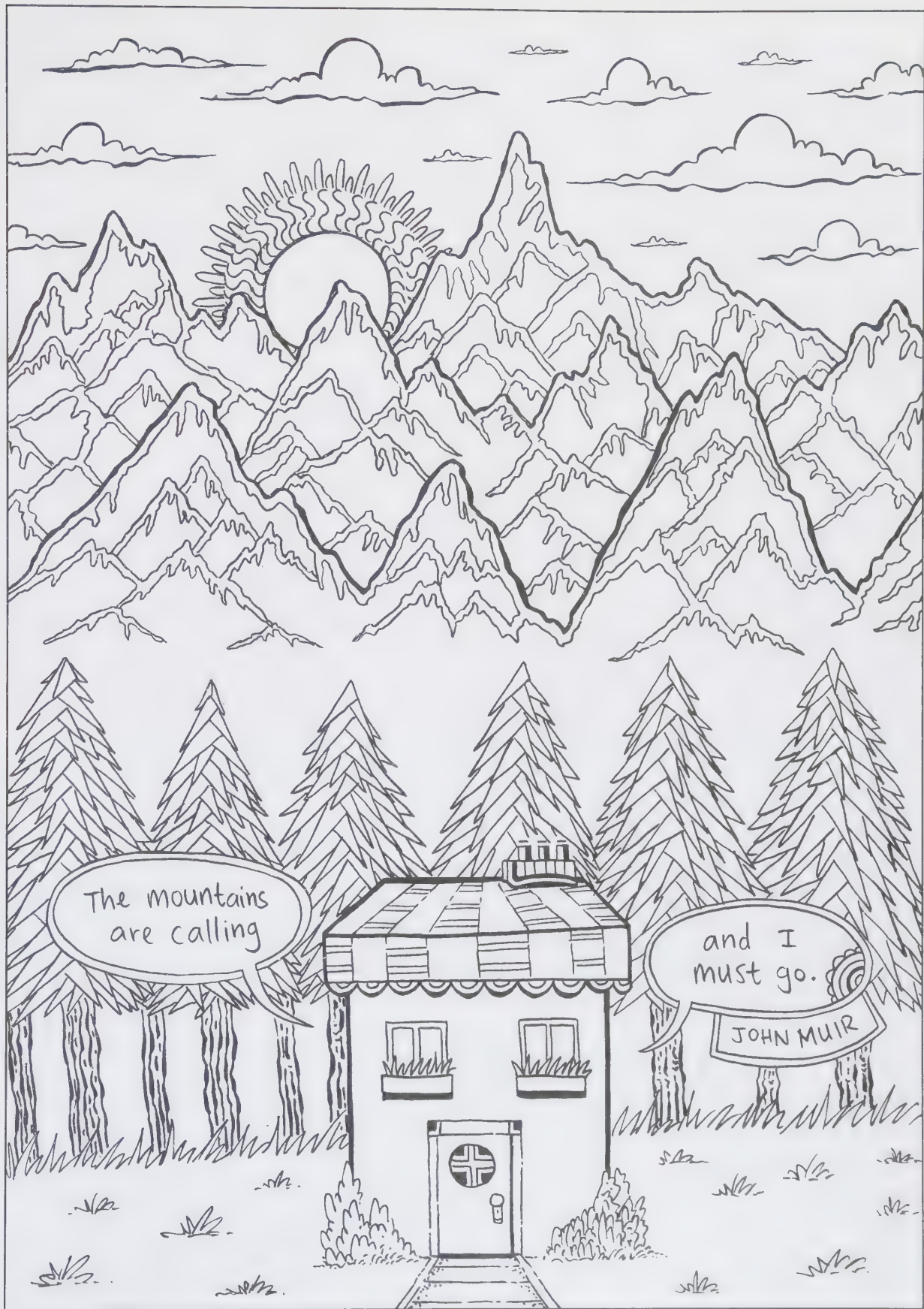
Life is  
what happens  
to us when  
we are making  
other plans.

ALLEN

SAUNDERS









Just as the wave cannot  
exist for itself, but is  
ever a part of the  
heaving surface of  
the ocean,

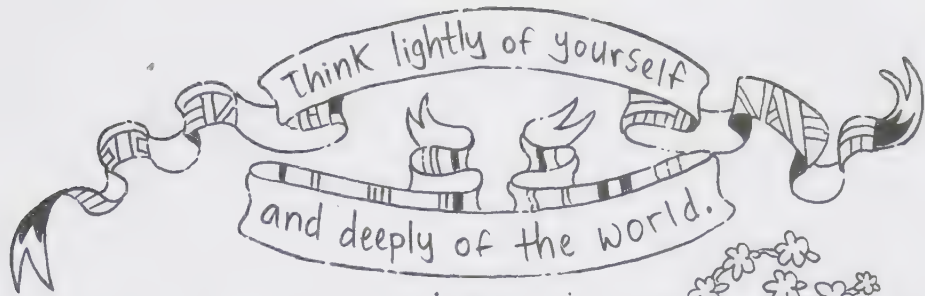
So must I never live my  
life for itself, but always  
in the experience which  
is going on around me.



ALBERT SCHWEITZER

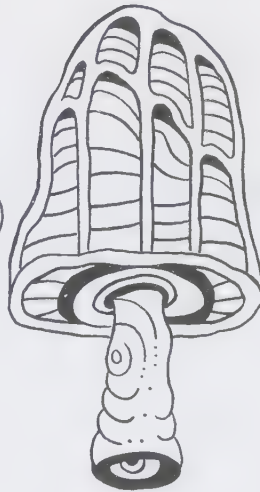
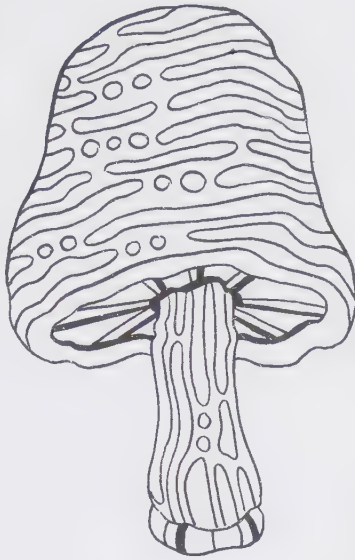






MIYAMOTO MUSASHI





you Only  
live Once,

BUT IF YOU DO IT RIGHT,  
ONCE IS ENOUGH.





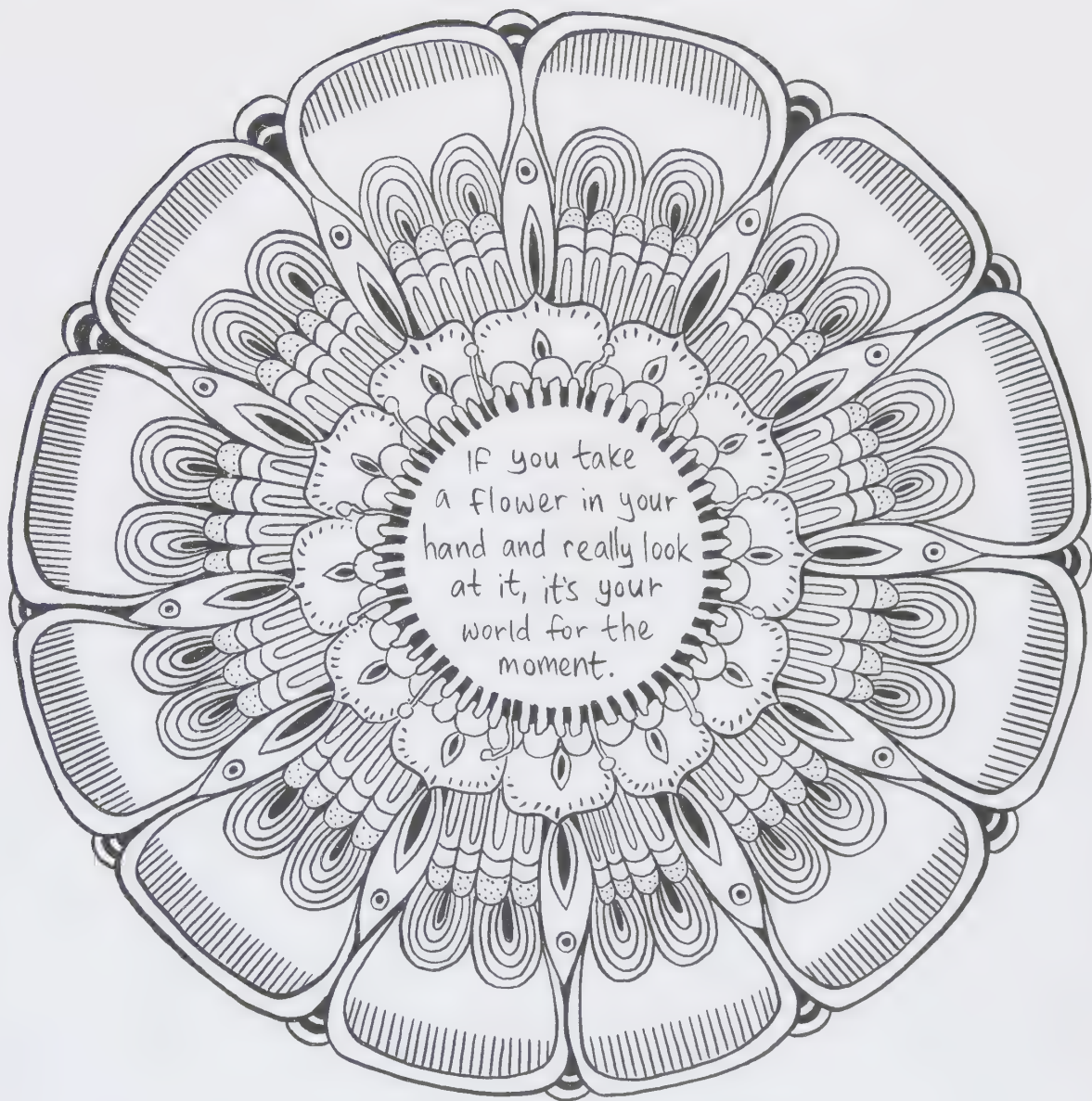




PERHAPS WE CANNOT RAISE THE WINDS. BUT EACH OF US CAN PUT UP  
THE SAIL, SO THAT WHEN THE WIND COMES WE CAN CATCH IT.

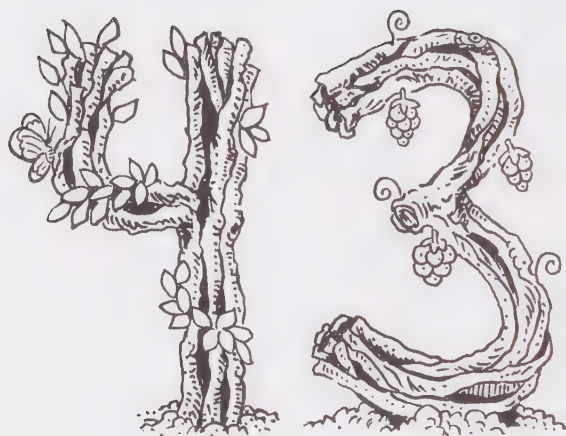
◉■■■■ E.F. SCHUMACHER ■■■◉





IF you take  
a flower in your  
hand and really look  
at it, it's your  
world for the  
moment.

GEORGIA O'KEEFE



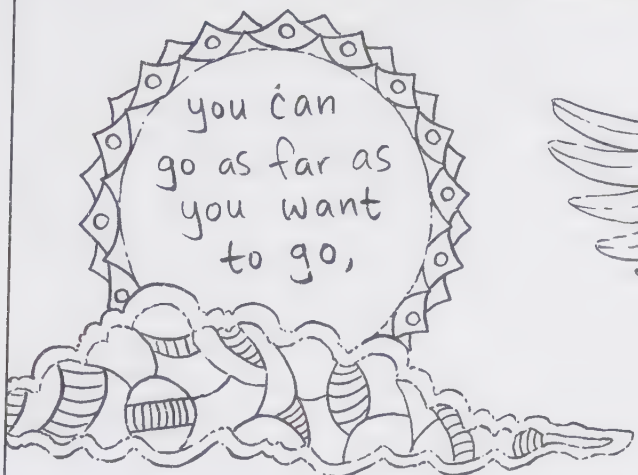


I am an  
artist  
at living,  
my work  
of art  
is my life.

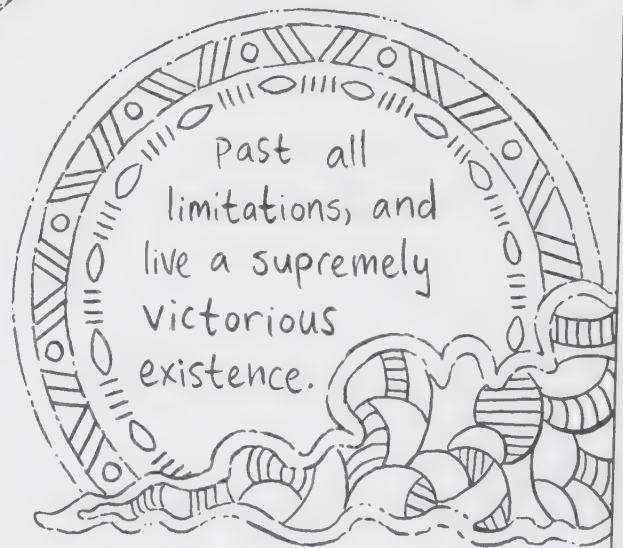
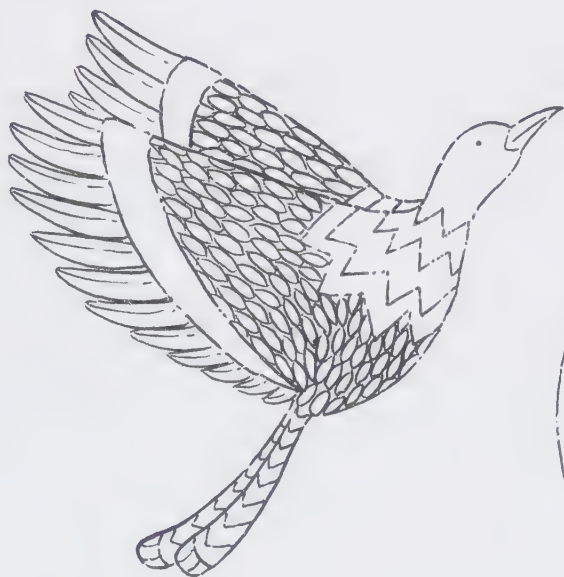
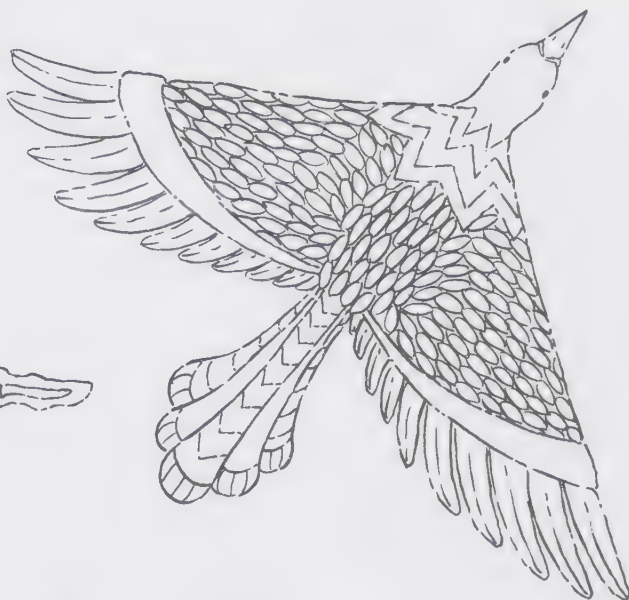
D.T. SUZUKI



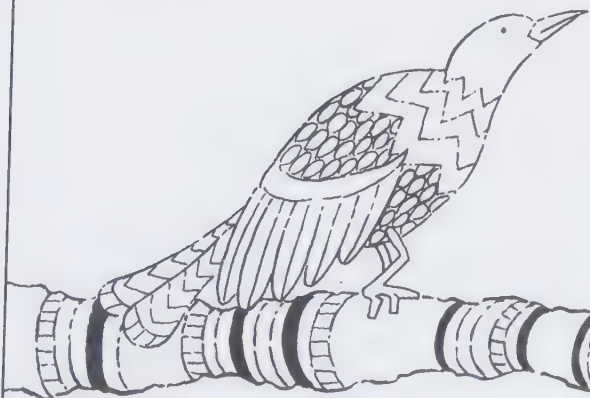




you can  
go as far as  
you want  
to go,

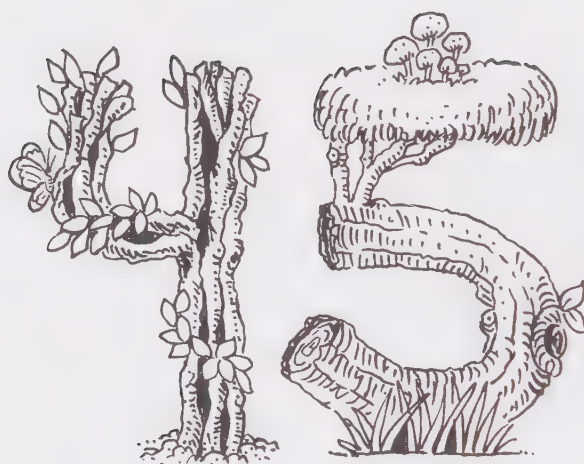


past all  
limitations, and  
live a supremely  
victorious  
existence.

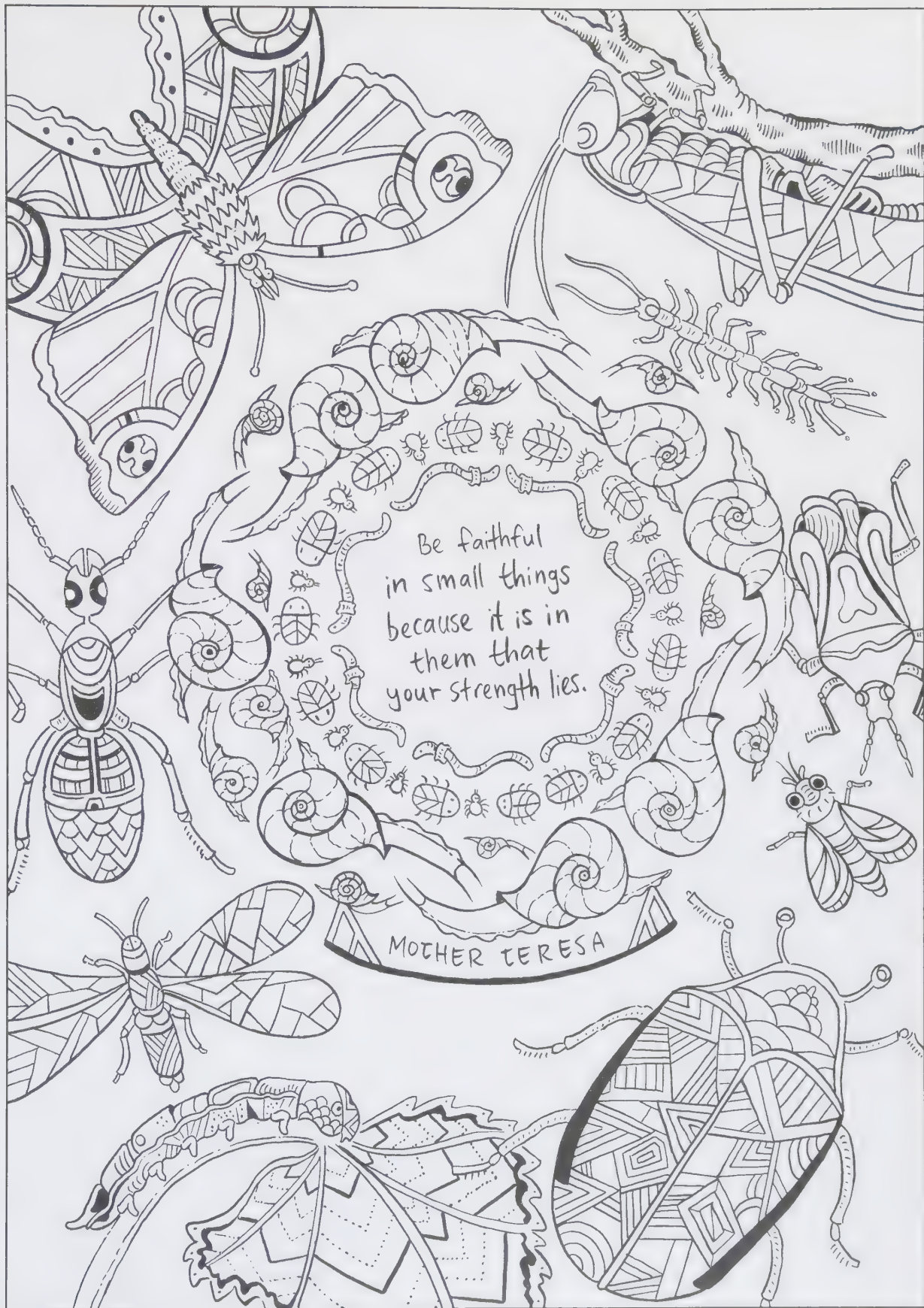


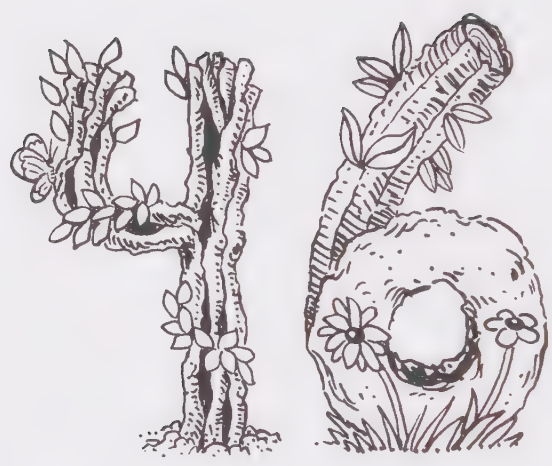
PARAMAHANSA YOGANANDA

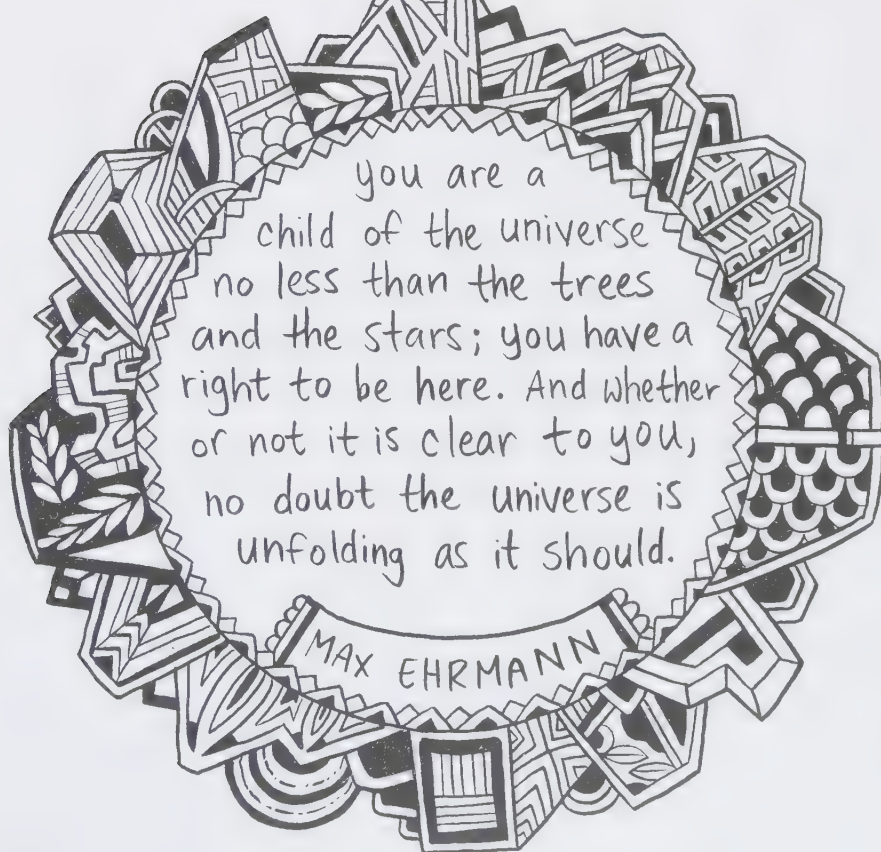
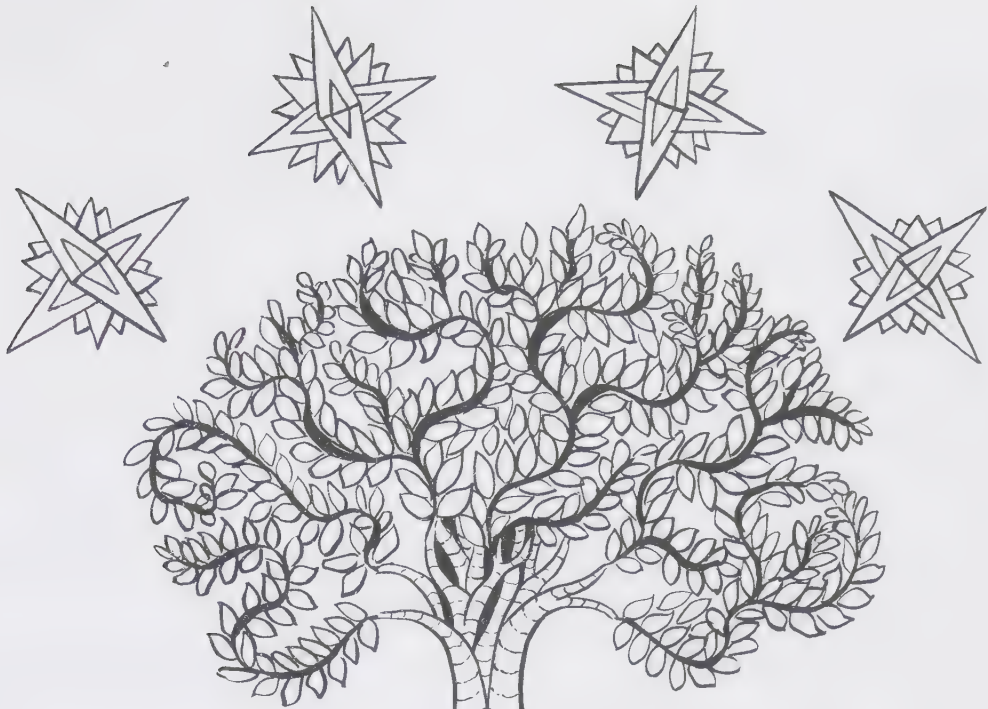












you are a  
child of the universe  
no less than the trees  
and the stars; you have a  
right to be here. And whether  
or not it is clear to you,  
no doubt the universe is  
unfolding as it should.

MAX EHLMANN





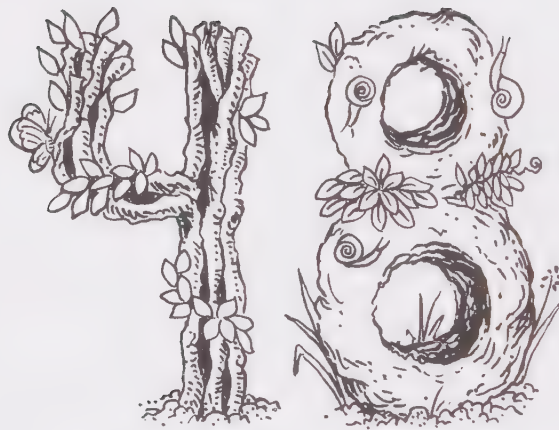
DARKNESS  
CANNOT  
DRIVE OUT  
DARKNESS:

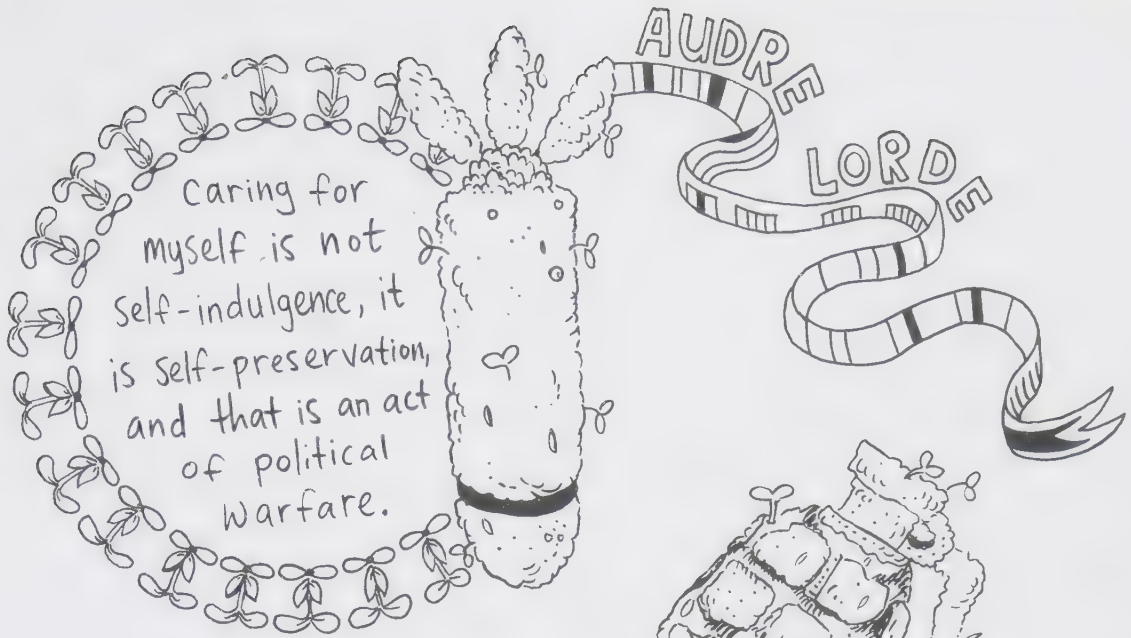
Only  
light can  
do that.

MARTIN LUTHER KING JR.

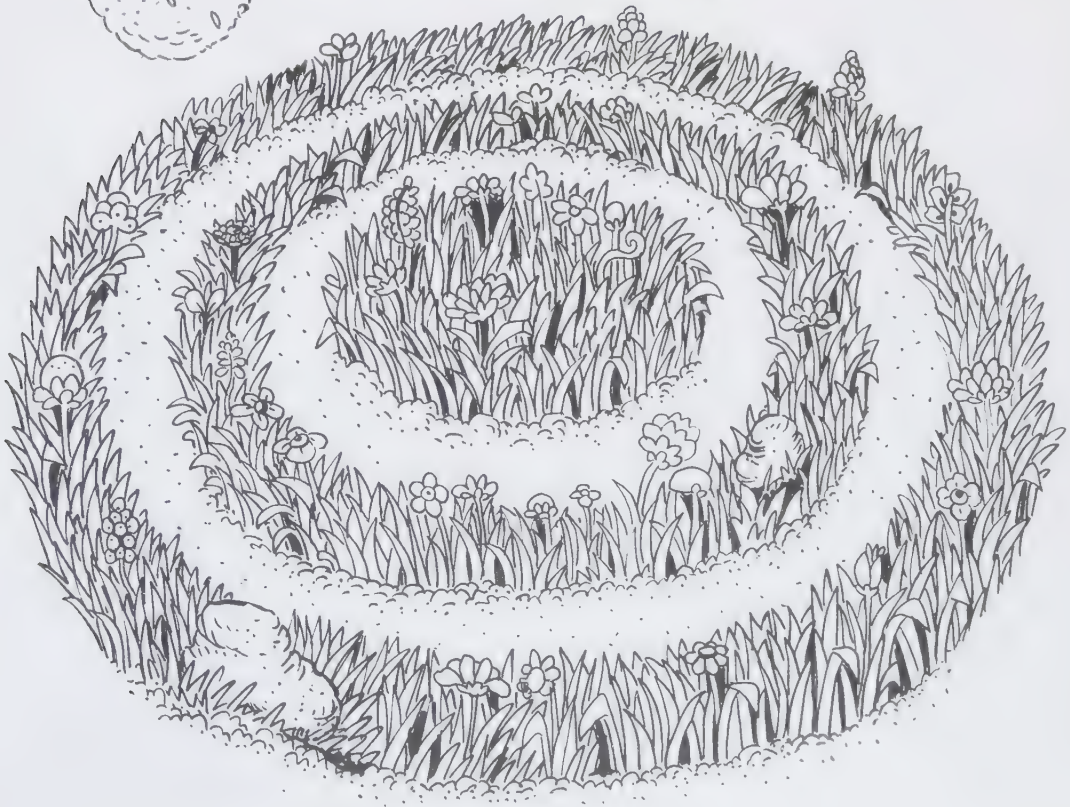
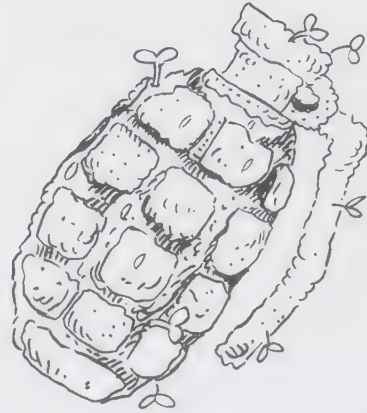
HATE  
CANNOT  
DRIVE OUT  
HATE:

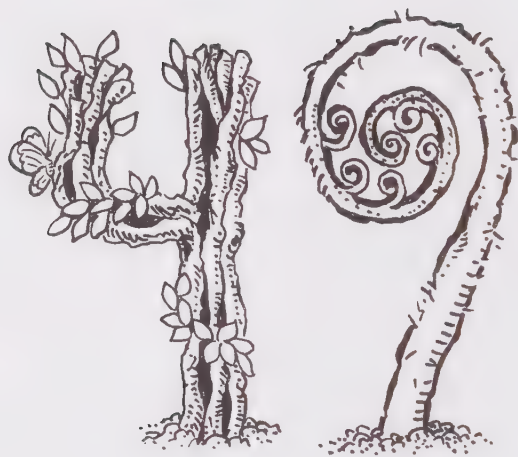
Only love  
can do  
that.



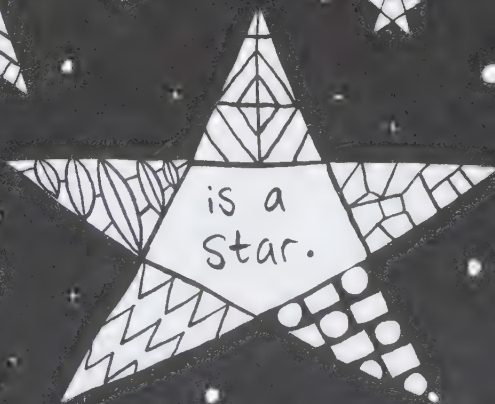
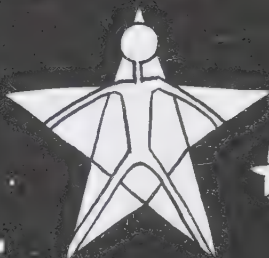


Caring for  
myself is not  
self-indulgence, it  
is self-preservation,  
and that is an act  
of political  
warfare.









is a  
star.

~ALEISTER CROWLEY~



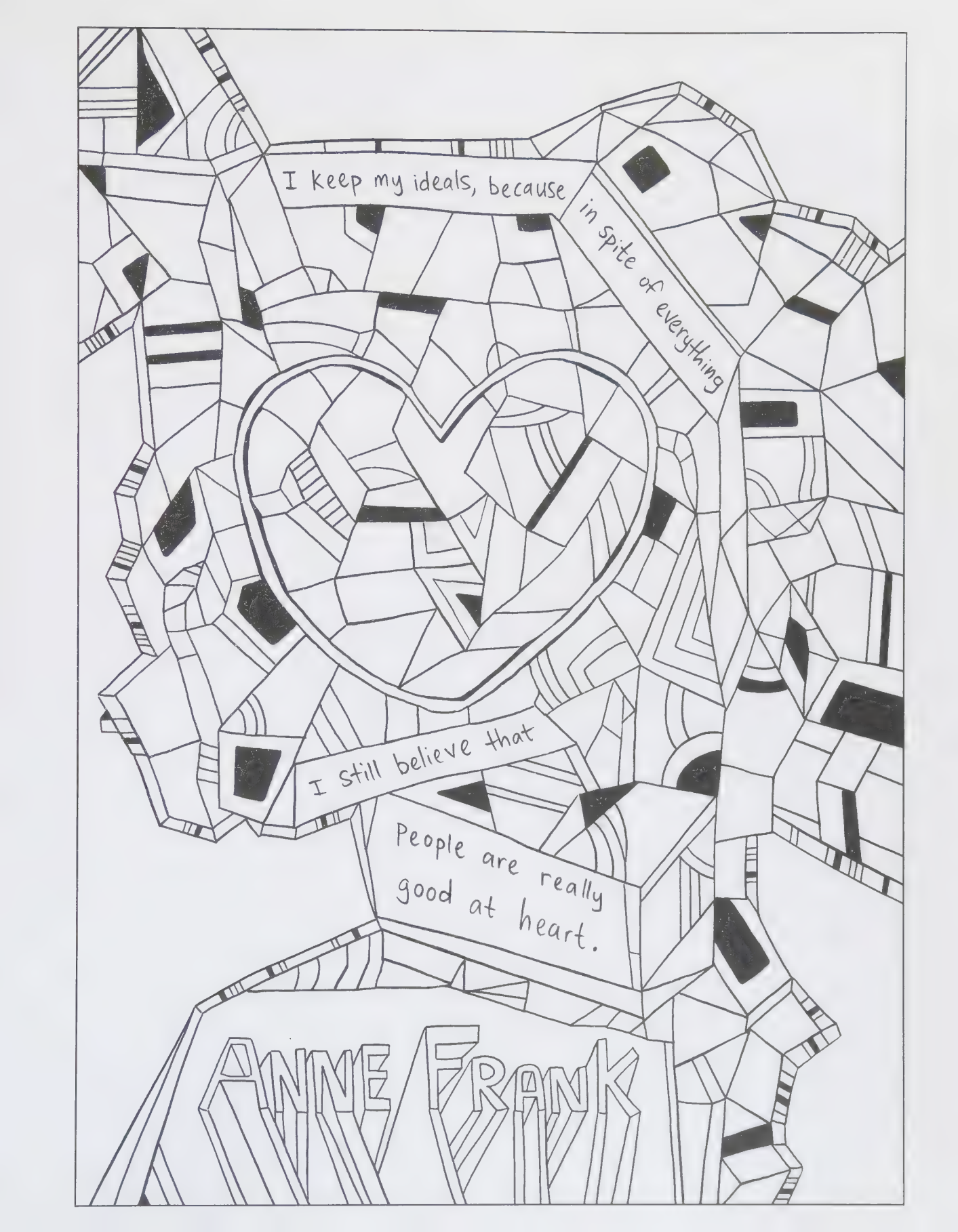
If we did  
all the things  
we are capable  
of doing, we  
would

# LITERALLY ASTOUND OURSELVES

THOMAS A. EDISON





The image is a black and white line drawing of a complex geometric collage. It features a central heart shape composed of various geometric patterns. Surrounding the heart are numerous overlapping geometric shapes, including triangles, squares, and polygons, some of which contain solid black areas. Several text elements are integrated into the design: a banner at the top left reads "I keep my ideals, because", a banner on the top right reads "in spite of everything", a banner in the middle left reads "I still believe that", and a box in the middle right contains the text "People are really good at heart." At the bottom, the name "ANNE FRANK" is written in large, stylized, blocky letters.

I keep my ideals, because

in spite of everything

I still believe that

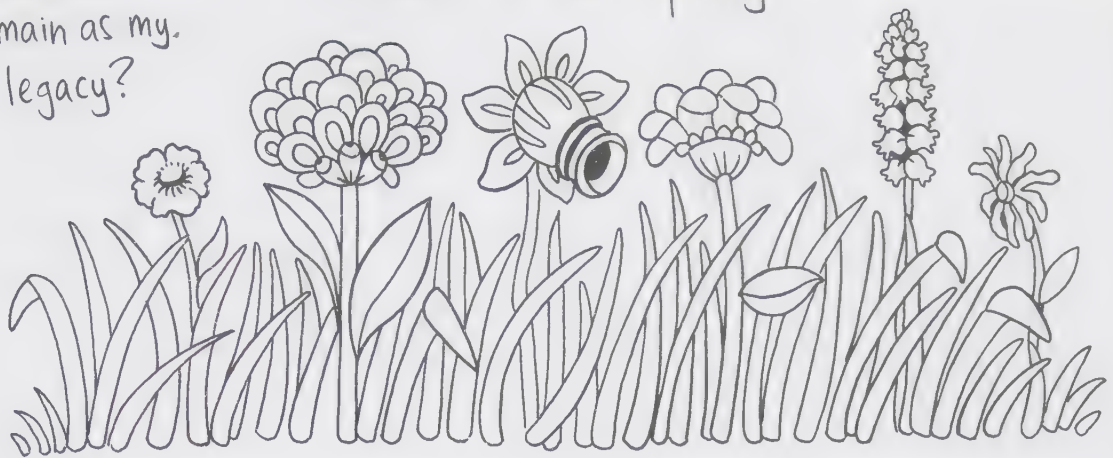
People are really  
good at heart.

ANNE FRANK



What will  
remain as my  
legacy?

Flowers in the spring,



the cuckoo  
in summer,



and the crimson leaves  
of fall.

RYŌKAN



# PALETTE

Use this area to try out your coloring utensils and get a feel for how they look







# DOODLES

Have a go at filling this page with your own colorful drawings



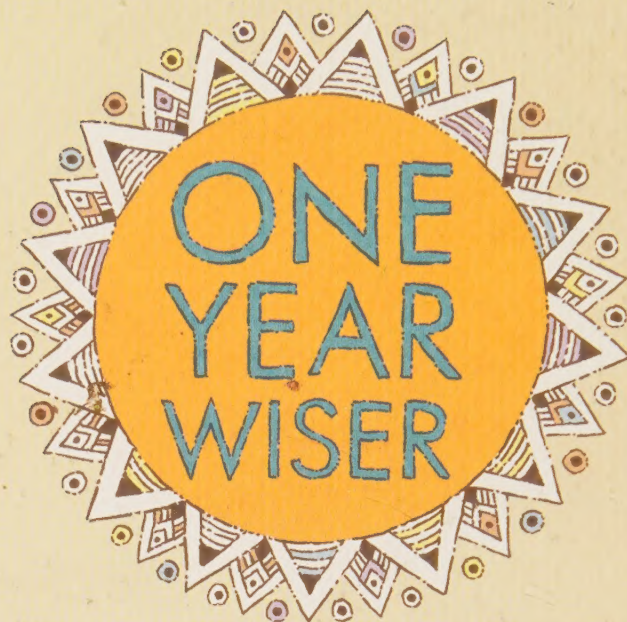


Keep track of other inspirational quotes by writing them out here









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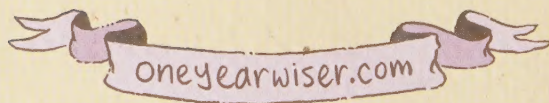
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